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IMPROVING ACNE, ECZEMA, AND PSORIASIS IN 30 DAYS

Clear Acne, Eczema, and Psoriasis in 30 Days:
Healthy Skin Rehabilitation Plan for the Long-Term

Edition
2.0

By Robert Redfern

All the books in this series:

Asbestosis Rehabilitation in 30 Days
Bronchiectasis Rehabilitation in 30 Days
Bronchitis Rehabilitation in 30 Days
Chronic Cough Rehabilitation in 30 Days
COPD Rehabilitation in 30 Days
Cystic Fibrosis Rehabilitation in 30 Days
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About Robert Redfern

Your Personal Health Coach

www.MyGoodHealthClub.com



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with *Improving Lung Health in 30 Days* and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert became interested in health when he and his wife Anne began to take charge of their lifestyle in the late '80s. Robert had not paid much attention to his health until 1986, despite Anne's loving influence. It wasn't until Robert's parents Alfred and Marjorie died prematurely in their 60s that he was forced to re-examine his lifestyle choices.

Robert and Anne embraced a new health philosophy as they examined the health community, medical treatments, and common health issues. After researching the root cause of disease, they discovered that diet and lifestyle choices were the two most pivotal factors that contribute to overall health and wellbeing. Robert and Anne decided to make major changes in their diet and lifestyle, while utilizing **HealthPoint™** acupressure. The changes that they saw were exceptional.

In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 72, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.



ROBERT REDFERN,
YOUR PERSONAL HEALTH COACH
tells you everything you need to know about -

**Acne, Eczema, and Psoriasis:
Using the Science of
Skin Rehabilitation to
Achieve Healthy Skin**





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From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.



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Your Commitment Plan to Healthier Skin

TODAY	I DID THIS	SIGNED DATE
I Committed	To regaining and maintaining youthful skin for the rest of my life.	
I Committed	To drinking 6-8 glasses of water per day with a pinch of sodium bicarbonate in each glass.	
I Committed	To spending time in the sun for 20 minutes each day (except when not advised).	
I Read	Robert's Improving Acne, Eczema, and Psoriasis in 30 Days book.	
I Ordered	The recommended supplements to support my plan and healing.	
I Planned	My Daily Menu using ReallyHealthyFoods.com .	
I Started	My breathing exercises.	
I Started	Massaging the appropriate acupressure points.	
I Reread	Robert's Improving Acne, Eczema, and Psoriasis in 30 Days book.	
I Reviewed	The recommended supplements to support my plan and healing.	
I Reviewed	My water intake.	
I Reviewed	My Daily Menu.	
I Reviewed	My breathing exercises.	
I Reviewed	My life-giving sun exposure (except when not advised).	
I Reviewed	How to massage the appropriate acupressure points.	
I Recommitted	To regaining and maintaining youthful skin for the rest of my life.	
I Recommitted	To Robert's Improving Acne, Eczema, and Psoriasis in 30 Days book.	
I Recommitted	To the recommended supplements to support my plan and healing.	
I Recommitted	To my water intake.	
I Recommitted	To following my Daily Menu.	
I Recommitted	To doing my breathing exercises.	
I Recommitted	To life-giving sun exposure (except when not advised).	
I Recommitted	To massaging the appropriate acupressure points.	



What Is the Skin?

Your skin is the soft outer layer of your body and is actually an organ—the largest organ of your entire body.

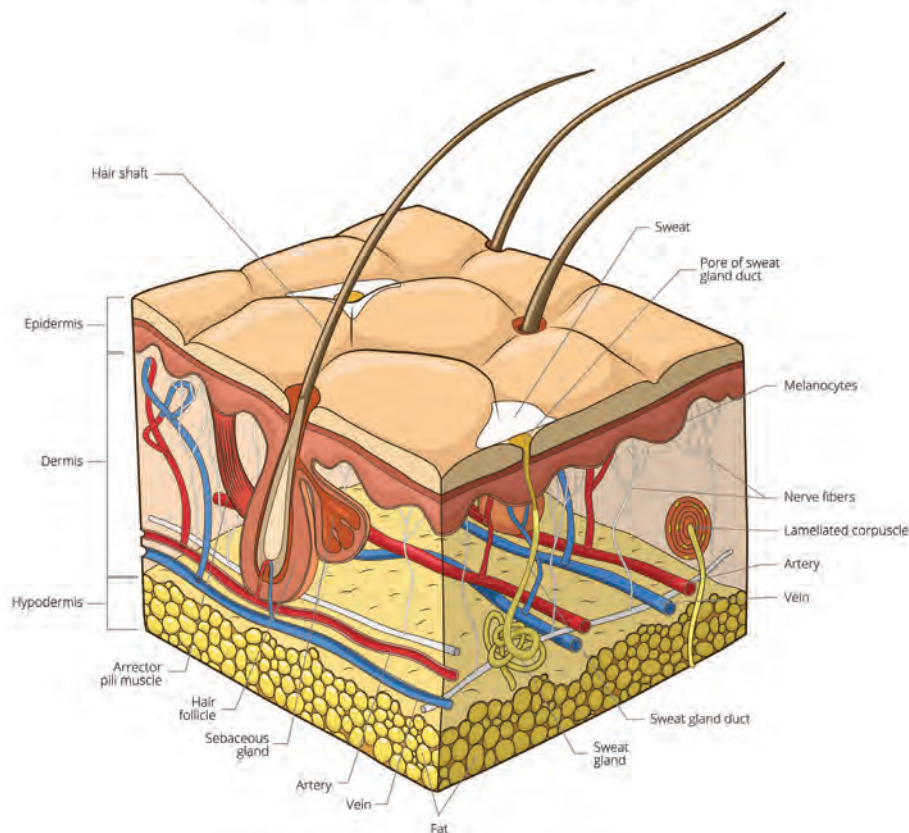
Your skin has three primary purposes:

1. Protect the internal organs, along with everything inside the body.
2. Enable the sensation of touch.
3. Maintain the proper body temperature.

The skin is composed of three layers:

1. **Epidermis** –The visible outer layer of the skin provides protection from the external environment and produces new skin cells and melanin, the pigment responsible for the color of our skin.
2. **Dermis** -The second layer of the skin contains nerve endings, blood vessels, oil glands, sweat glands, collagen, and elastin. The dermis provides safety by giving us the sense of touch.
3. **Subcutaneous** -The third layer of the skin, mostly made of fat, acts as an insulator and shock absorber. It is also the origin of the hair follicles.

Structure of the skin



Your skin may account for up to 15 percent of your body weight.



What Is Healthy Skin?

Now that we know what the skin is and what it does, what is healthy skin and how do we get it?

The skin requires great care, just like any other organ of the body—maybe more so, considering its location and range of functions. Healthy skin is skin that has been cared for in a number of ways, ways that ensure the skin can look, feel, and function properly.

8 Ways to Improve the Health of Your Skin

1. **Protect your skin from too much sun.** Adequate sun exposure (20 minutes a day) is necessary to manufacture Vitamin D. After that, use an organic sun cream or cover up! You can read more about how the sun can benefit healthy skin on **page 39**.
2. **Nourish the skin through proper diet and hydration, while avoiding inflammatory foods.** This especially includes processed foods and anything fried. Load up on skin-protective antioxidants and essential nutrients found in anti-inflammatory foods and high-quality supplements.
3. **Follow an all-natural skincare program on a daily basis.** This regimen consists of cleansing, moisturizing, and avoiding chemicals.
4. **Never use hot water.** It wreaks havoc on the skin by stripping it of essential oils. Cleanse with warm water to preserve the skin's natural oils.
5. **Get adequate amounts of sleep.** Many of us are seriously sleep deprived. The skin needs rest too.
6. **Exercise.** When your body is active, anti-inflammatory endorphins are released, circulation is increased, nutrients are delivered more efficiently to skin cells, and stored energy and stress levels are relieved. You can read more about exercise for healthy skin on **page 36**.
7. **Minimize stress.** Too much daily stress will show up in the skin.
8. **Practice deep breathing.** Relax by breathing through the diaphragm as opposed to chest breathing. Proper breathing relieves stress, brings in adequate amounts of oxygen, and expels toxins in the form of carbon dioxide. Easy deep breathing exercises that you can practice every day are listed on **page 38**.

Don't smoke! Smoking even on occasion reduces the amount of oxygen (up to 30 percent) received by the skin.



*"If you're deprived of sleep, this will make your skin look older and tired."
- Hermione Lawson of the British Skin Foundation, NHS.uk*



What Is Unhealthy Skin?

You can tell when skin is unhealthy just by looking at it.

Unhealthy skin is incapable of providing the body with what it needs. Skin that is compromised can't function properly. This leaves the body open to a breakdown in the form of cancers, infections, premature aging, lesions, blemishes, and dryness.

How Many of Us Are Living with Unhealthy Skin?

Millions of people living in Western countries are affected by some form of skin disease, irritation, or disorder every year, with many of them finding no relief. *Annals of Family Medicine* research confirms, through a population-based study in the Netherlands, that skin diseases account for 12.4 percent of all diseases seen by family doctors. Some skin problems that are especially severe may require more frequent care or a referral to a dermatologist. There are literally dozens of skin disorders that a doctor or dermatologist may encounter at any given time.

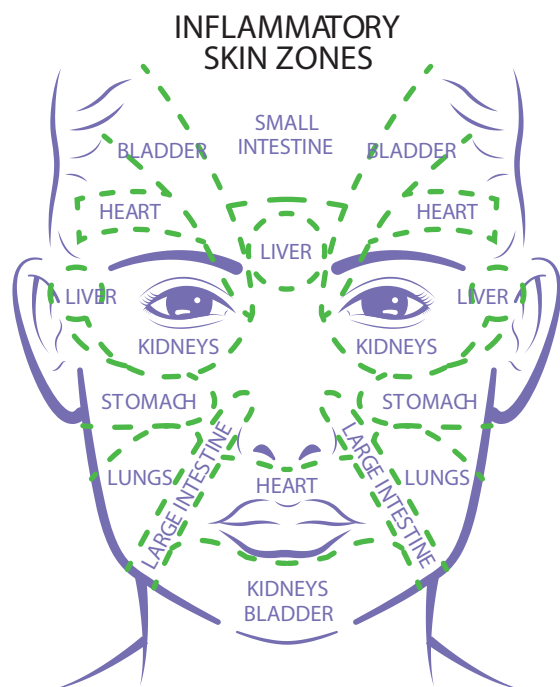
Part of the explanation for this "problem" that is so easy to ignore is that we take our skin for granted.

Once you grasp that your skin is exposed to everything you consume and encounter each day, you may drastically change the way you treat this external organ. It's true — your skin is impacted by the food you eat, the chemical products you use, the excess time you spend in the sun, and the contaminants in your environment, from cigarette smoke and environmental pollutants.

As any dermatologist worth their salt will tell you, unhealthy skin is a prime indicator of your internal health.

That is to say, if you have a chronic skin issue that you just can't seem to shake, no matter how many over-the-counter and prescription skincare products you use, your body could be desperately in need of help. If your inner health suffers, so will your skin. Unhealthy skin is a sign that your body urgently needs a recovery plan, often in more than one area.

In many ways, you can look at a chronic skin disorder or skin disease as a blessing in disguise. Your skin may show the first symptoms of an inflammatory health issue that needs correcting before it contributes to chronic disease in the future. As you recognize the red flags your skin is showing you, you can work with your body to restore your health inside and then out.



Source:
ElenaSelivan.com

You will have beautiful, healthy, clear skin to show for it.

What is your skin trying to tell you? Let's take a look at three of the primary skin diseases: acne, eczema, and psoriasis. These skin problems can be devastating emotionally, as well as physically. They can also be life-altering in terms of embarrassment, discomfort, and continuous treatments involving medications and on-going doctor's visits.

The average adult has 21 square feet of skin.



Acne: What Is It?

Acne is the most common form of skin disease that accounts for 25 percent of the visits made to dermatologists. It can occur at any age, ranging from infancy well into adulthood. According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, acne affects an estimated 80 percent of all people between the ages of 11 and 30. Unfortunately, it is not uncommon for some people to have acne into their 40s and 50s.

Acne affects people of all ages and races.

Acne is a pro-inflammatory disease resulting from inflammation in the oil-producing follicles of the skin. In healthy skin, the oil that is manufactured in the oil glands migrates up to the hair follicles and then exits to the surface of the skin. Unhealthy skin, in the form of acne, results in a different scenario.

What Are Acne Symptoms?

We have all experienced a blemish before, but the symptoms of acne are more specific. Acne may present as:

- **Whiteheads:** Pimples under the surface of the skin.
- **Blackheads:** Pimples that rise to the surface of the skin and have a black color, caused by oxidation and not dirt.
- **Papules:** Small, pink bumps on the skin that may be tender to the touch.
- **Pustules:** Red pimples with pus formed on top.
- **Nodules:** Large, painful pimples deeply embedded in the skin.
- **Cysts:** Deep, painful pimples filled with pus that can cause scarring.



Acne can most commonly appear on the face, as well as other areas of the body like the neck, chest, back, shoulders, upper arms, and buttocks. Ninety-nine percent of all acne sufferers will experience breakouts on the face, 60 percent of acne breakouts will occur on the back, and 15 percent will occur on the chest.

Chronic acne has also been linked to a number of physical and emotional symptoms—hyperpigmentation (dark discoloration) of the skin, long-term scarring, low self-esteem, and depression, among others.

"Acne is the most common skin disease."

- The National Institute of Arthritis and Musculoskeletal and Skin Diseases



Acne Face Mapping, Based on Traditional Chinese Medicine

- **Zone 1:** Bladder and Digestive System; breakouts may be caused by poor digestive health, triggering a buildup of toxins.
- **Zone 2:** Bladder and Digestive System; breakouts may be caused by poor sleep, stress, poor circulation, or depression.
- **Zone 3:** Liver; breakouts may be caused by too much alcohol or unhealthy fat in the diet, as well as a possible food allergy.
- **Zone 4:** Kidneys; dark circles under the eyes may be caused by dehydration.
- **Zone 5:** Heart; breakouts may be caused by unstable blood pressure levels and stress.
- **Zone 6:** Lungs; breakouts may be caused by smoking or other respiratory issues.
- **Zone 7:** Reproductive Organs or Kidneys; breakouts may be caused by stress and hormonal changes during the menstrual cycle.
- **Zone 8:** Stomach; breakouts may be related to poor digestion.
- **Zone 9:** Kidneys; breakouts may be caused by dehydration and consuming too much alcohol, caffeine, and sugary drinks.



How Does Acne Happen?

When the skin is compromised (because the health of the body is out of balance), more oil is produced than is needed. Bacteria inside the follicles reproduce and create fatty acids, aggravating the lining of the pores. At the same time, the denser cells of the pores increase in number and cling together, blocking the openings of the pores and causing oil, skin cells, and dirt to be trapped underneath the skin. This creates pressure, and because the oil, cells, and dirt have nowhere to go, they try to push up through the skin as much as possible, causing what is commonly known as either a blackhead or a whitehead.

Acne is even more of a nuisance because of its ability to spread.

When your body recognizes the bacterial back-up, it sends extra white corpuscles and antibodies to the affected area, eventually ridding the area of the acne. However, this process creates *more* inflammation in the adjacent areas, leading to more acne — a somewhat unfair, vicious cycle.

*"Costs associated with the treatment of acne exceed \$3 billion."
- American Academy of Dermatology*



What Are the Types of Acne?

While most of us are familiar with what might be called "typical" acne, there are at least 14 different types.

The most common types of acne are associated with gender and/or stage of life:

1. **Teen Acne** - Teen acne favors no particular gender as 85 percent of teenagers experience some form of acne in their youth. Teenage acne may start as young as age 11 for girls and just a few years later for boys.
2. **Adult Acne** - Adult acne affects 50 percent of women, often related to their menstrual cycle, and 25 percent of men sometime in their adult years, primarily in their 20s, 30s, and 40s. One third of adults with facial acne will also have acne on the body and back.
3. **Cystic Acne** - Cystic acne does not exclude anyone; however, teen boys and young adult men experience this severe form of acne most often. Cystic acne is also the most difficult to treat.

Other forms of acne include:

- **Acne Conglobata** - Severe and hereditary, most common in males.
- **Acne Detergens** - Overuse of abrasive cleaners.
- **Acne Mallorca** - Overexposure to the sun.
- **Acne Mechanica** - Created by mechanical irritation.
- **Acne Neonatorum** - Infant acne.
- **Chloracne** - Caused by consistent hydrocarbon exposure.

- **Pitch Acne** - Brought on by coal tars.
- **Pyoderma Faciale** - Severe facial acne only found in women, normally from ages 20 to 40 and lasting no longer than a year.
- **Steroid Acne** - Result of taking steroids internally or using externally.



Research published in the *International Journal of Cosmetic Science* states, "Recent epidemiological studies show that there appears to be an increase in post-adolescent acne, and that the disease is lasting longer and is requiring treatment well into the mid-forties."

Because of the rise in this acne epidemic, post-adolescent acne is now characterized in two different forms:

1. **Persistent** - Continues from teenage years into adulthood.
2. **Late Onset** - Appears for the first time in adulthood in two subcategories: Chin acne around the mouth may be triggered by premenstrual flare-ups; sporadic acne flares up anywhere on the face without a predictable trigger.

"More than ever before, adults are enduring the challenges of oily and acneic skin conditions."

- The International Dermal Institute



What Causes Acne?

The process of inflammation already discussed is how acne presents itself, but what are the culprits behind the inflammation in the first place? There are many factors involved in the scenario leading up to an outbreak.

The Culprits

In actuality, acne has four main causes: oil production, dead skin cells, clogged pores, and bacteria that come together to create the perfect storm, or "eruption," in your skin.

Nonetheless, there are many other factors that can trigger inflammation to cause acne to develop or become worse:

- **Fluctuating hormones in teens** - Hormonal fluctuations triggered by puberty can cause oil glands to plug more frequently.
- **Fluctuating hormones in women** - This includes too many male hormones called androgens that can cause excess oil stimulation. Hormonal changes that lead to acne can also occur during pregnancy.
- **Genetics** - Acne may have hereditary factors that are passed down from parent to child. However, as Dr. Caldwell B. Esselstyn Jr., a former surgeon at the Cleveland Clinic, President of the Cleveland Clinic staff, author, and researcher, is famous for saying, "Genes load the gun, but lifestyle pulls the trigger." Meaning, the lifestyle choices you make can affect whether your genetic lottery for acne is "activated."

- **Greasy makeup** - Application can clog oil glands and worsen facial acne.
- **Some medication** - Drugs that contain androgens, lithium, or corticosteroids can make acne worse.
- **Starting/stopping birth control** - Changes in birth control can trigger more hormonal fluctuations.
- **Too much stress and not enough sleep** - This burden on the body will release too much cortisol and too many neuropeptide secretions (chemicals discharged by the numerous nerve endings in the facial skin) and increase blood sugar and insulin levels. These are all pro-inflammatory triggers for acne which accelerate the inflammatory response. *International Journal of Cosmetic Science* researchers confirmed an intriguing link between acne, stress levels, and androgen hormones—women in fast-paced jobs saw an increase in acne.



"Changing hormone levels in women [can cause acne to worsen] 2 to 7 days before their menstrual period."

- The Skin Surgery Center



What About Food?

What you eat does make a difference!

The skin reacts to food just like any other organ or part of the body. An inflammatory diet will only aggravate and exacerbate acne in your skin.

Here's a quick glance at what you need to do to heal skin that has been ravaged by acne, from the inside out. Avoid:

- *Animal products - Especially dairy; dairy products, whether organic or not, are full of hormones.*
- *Majority of grains*
- *Processed foods*
- *Processed sugars*
- *Unhealthy fats - Saturated fats and hydrogenated oils*

A crucial key to conquering your acne is to eat an anti-inflammatory diet combined with the proper supplements. This anti-inflammatory diet must be made up of Really Healthy Foods, which I will outline in the Healthy Skin Rehabilitation Plan in this book. Cutting out junk and processed foods can correct any number of health problems, large or small, and especially persistent skin issues like dryness, flakiness, acne, eczema, and psoriasis.

Many times, the answer to a chronic skin problem is so simple, it is easy to overlook: Your skin may be starved of nutrients.

An anti-inflammatory Really Healthy Foods diet is a simple yet effective approach that will kill two birds with one stone. Eating an anti-inflammatory diet of fresh, whole foods will simultaneously improve the health of your body and your skin.

Because of the increasingly poor diet that we consume in Western countries, acne is considered by many to be a

Western disease. Acne is less common in less developed countries. In fact, there are several regions of the world where acne does not even exist! Researchers identified one such region as the Pacific island of Kitava, located off the coast of Papua New Guinea.



Why is Kitava so special? The inhabitants of the island have vastly different nutritional habits compared to our Western world. The Kitavan diet is more caveman-like in that it hasn't been affected by agricultural development. When Dr. Staffan Lindeberg studied nearly 500 houses in Kitava over seven weeks, assessing the health of 1200 Kitavans ages 10 and older including 300 study participants from the ages of 15 to 25, he could not find a single presentation of acne in the entire sample population. Researchers believe that the acne-free island of Kitava can be mainly credited to a whole food diet, almost completely free of processed foods, caffeine, alcohol, and dairy products.

This remarkable study proves an important skincare truth: You can't escape how your diet affects your skin. Caring for your skin daily with nourishing, natural ingredients is critical, but even the best external skincare program can't give your skin all the nutrients it needs from the outside. These healing nutrients come from the inside. Your skin will absorb vital nutrients from the anti-inflammatory foods you eat.

"It seems that for many the cure to acne is at the end of their fork, not in a prescription pad."

- Dr. Mark Hyman, Director of the Cleveland Clinic Center for Functional Medicine



Eczema: What Is It?

Eczema, often called dermatitis (inflammation of the skin), is a very common skin disorder.

Affecting an estimated 10 percent of the population, rising to over 20 percent among children and young adults, eczema is considered one of the most common skin diseases around the world. Eczema affects all ages, from infancy to senior citizens. It can appear in patches or just on isolated areas of the body.

What Are Eczema Symptoms?

Symptoms of eczema include:

- *Itching*
- *Red rash*
- *Oozing blisters that crust*

What follows can be scaling, thickening, or discoloration of the skin. The chronic itching and scratching can leave temporary or permanent changes in the skin. The patches on the skin can be dark or light in color. The texture of the skin can be altered, comparable to a leathery look and feel. Knots or nodules can form and can be itchy, even when the disease is inactive.



How Does Eczema Happen?

The epidermis, the outer layer of skin, and the dermis below it are affected by eczema. The skin cells in the epidermis, called keratinocytes, become enlarged and distended, causing the cells to break away from each other. The epidermis loses its barrier function and begins to release body moisture from within, with the liquid raising the skin to form tiny blisters. Chemicals are then released to eliminate the substance that holds the keratinocytes of the epidermis and dermis together. This process leads to more shedding of cells, resulting in dry, flaky skin.

With eczema, the skin loses its ability to be an effective barrier from the outside world.

Very small cracks on the surface of the skin appear, allowing moisture out and infections in. Due to the blood flow increasing in the dermis, redness and swelling occur, making the skin hot. To exacerbate the problem even more, inflammatory chemicals are released. These chemicals prey on the nerve endings in the skin, creating the itch (pruritus) associated with eczema along with the almost uncontrollable urge to scratch.

"Although eczema is itself is not a life-threatening disease, it can certainly have a debilitating effect on a sufferer, their carers and their family's quality of life."

- Eczema Association of Australasia



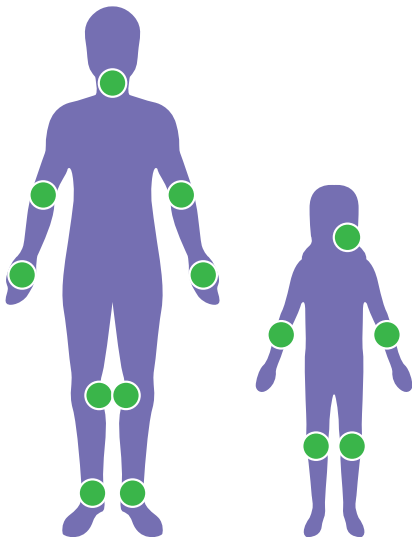
What Are the Types of Eczema?

There is more than one type of eczema — all are equally distressing and of great concern to the sufferer.

There are two primary types of this inflammatory skin disease:

1. **Eczematous Dermatitis** - Results from external factors. Types of eczematous dermatitis include asteatotic eczema and polymorphic light eruption.
2. **Endogenous Eczema** - Appears to be attributed to only internal factors. Types of endogenous eczema include atopic dermatitis, photoaggravated eczema, chronic actinic dermatitis, nummular eczema, pompholyx eczema, seborrheic dermatitis, varicose eczema, and pityriasis alba.

Common Places for Eczema to Occur



Older Children and Adults: Eczema is less common on the face and often appears on the neck, inner elbows, hands, back and knees, and ankles.

Young Children: Eczema frequently appears on the face, elbows, knees, and some other areas.

External Eczema (Eczematous Dermatitis)

Asteatotic eczema pruritic, a form of eczematous eczema, presents itself as dry, cracked, and polygonally fissured skin with irregular scaling. It most commonly occurs on the shins of elderly patients, but it may occur on the hands and the trunk.

Polymorphic light eruption is the most common form of eczema related to a sunlight reaction. It presents itself as an itchy rash in people who have developed sensitivity to sunlight (photosensitivity).

Internal Eczema (Endogenous Eczema)

Atopic dermatitis occurs in early childhood and sometimes adulthood and is exhibited on the face, skin folds, hands, and feet. This form of eczema may flare up when exposed to the sun and is then called **photoaggravated eczema**. A less common form of light-sensitive eczema which can be very severe is **chronic actinic dermatitis**. This form of eczema usually appears around middle-age or older.

Nummular eczema looks like round, coin-like patches; **pompholyx eczema** appears as blisters on the palms of the hands and soles of the feet; **seborrheic dermatitis** can be found as scaly plaques on the face and scalp; **varicose eczema** affects the legs due to poor circulation; and **pityriasis alba** (PA) affects children, appearing as light patches on the face.

Dyshidrotic eczema is a blistering eczema of the hands and feet that affects women twice as often as men.

Source: Mommy DeLight



What Causes Eczema?

Eczema is another inflammatory skin disease that may be triggered by a host of factors, including but not limited to:

- Changes in temperature and humidity, i.e., hot/cold
- Dehydration
- Dry skin
- Hormonal changes
- Illness
- Infection
- Skin allergies
- Stress
- The bacterium *staphylococcus aureus*

Some other factors which may trigger eczema are classified as either internal or external.

Endogenous (internal, no obvious external forces):

- Inadequate nutrients
- Less oil on the surface of the skin
- Personal or family medical history of asthma or allergic rhinitis
- Reaction to medications
- Varicose veins

Exogenous (external outside forces):

- Dermatitis near an infected spot
- Environmental pollutants
- Excess UV radiation from the sun
- Laundry detergents or personal care items, e.g., soap
- Plants, dyes, rubber, cement

What About Food?

Doctors agree that an inflammatory condition like atopic eczema is caused by a problem with the body. It's for this reason that so many sufferers of eczema are willing to explore an elimination diet — where common inflammatory foods, such as cow's milk, are avoided to see if skin health improves. Since eczema is often first detected in babies and young children, parents may begin this diet early on by avoiding processed food triggers known to cause painful flare-ups of the condition. A breastfeeding mother may make changes to her own diet to see if her baby's skin improves, and toddlers and small children may avoid inflammatory foods to clear the skin.

In many cases, babies with severe eczema also have a food allergy. In a study published in the *Annals of Dermatology*, researchers explored further how food intolerance can also trigger eczema in children — by using a low-histamine diet to relieve atopic dermatitis (eczema) in a 6-year-old boy, where high-histamine foods like processed meat and cheese were avoided.



"Eczema is not like acne – they are completely different conditions. However, it is true that some medications may cause acne and complicate eczema."

- Eczema Awareness Support and Education, The EASE Program of Canada



Psoriasis: What Is It?

Psoriasis is the number one autoimmune disease in the U.S., affecting 2 to 3 percent of the global population.

This chronic inflammatory skin disease is a result of the overdevelopment of the epithelial skin cells and is characterized by silvery, scaly plaques. It most often starts in childhood; however, psoriasis may occur up to the age of 35 or appear late in life after the age of 60.

What Are Psoriasis Symptoms?

While every person may experience different symptoms of the skin condition, the most common psoriasis symptoms include:

- *Red patches of skin covered with silvery-white scales*
- *Small patches of scales, most often seen in children*
- *Dry, cracked skin prone to bleeding*
- *Itching, burning, or sore skin*
- *Swollen, stiff joints*
- *Thickened, ridged, crumbling nails*

The raised, reddish patches caused by psoriasis are called plaque. While psoriasis plaque can appear anywhere on the body, the patches are most often seen around the elbows and knees and on the scalp. It's common for friction or pulling on one of these silvery, scaly areas to cause a small blood spot on the skin. Doctors use this as a classic diagnostic sign for psoriasis, known as the Auspitz sign.

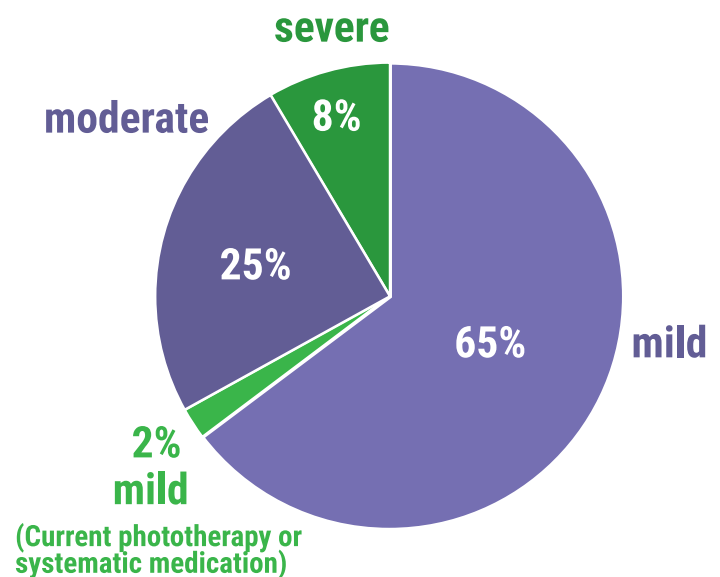
As itchy as they may be, scratching psoriasis patches only makes them worse. Scratching and irritating the skin will cause the plaque to thicken.

How Does Psoriasis Happen?

Psoriasis is a chronic disease that occurs when the immune system miscommunicates with the skin cells, telling them to grow faster than they should. Instead of taking weeks for new skin cells to form, they will grow within days to cause an uncomfortable buildup on the skin. Since the body isn't able to shed these excess skin cells that grow so quickly, they pile up on the skin's surface to cause psoriasis plaque.

Psoriasis is classified as either mild, moderate, or severe. When 10 percent or less of the body is affected, psoriasis is considered mild. Moderate cases of psoriasis cover 10 to 30 percent of the body, with severe cases covering more than 30 percent of the body.

Distribution of Psoriasis Severity



Source: National Psoriasis Foundation (random sample of 278 adults with psoriasis)

"Psoriasis is an immune-mediated, inflammatory condition."

- International Federation of Psoriasis Associations



What Are the Types of Psoriasis?

There are five types of psoriasis, not including nail, scalp, and psoriatic arthritis. Each type is distinct in its manifestation on the skin:

1. Erythrodermic
2. Guttate
3. Inverse - Psoriasis of skin folds
4. Plaque-type
5. Pustular



Psoriasis of the nails affects both the nails of the fingers and the toes.

Psoriasis of the scalp is exhibited by fine, scaly skin that is very dry, or areas of plaque which are heavily crusted.

Psoriatic arthritis is an autoimmune disease in which a person experiences both psoriasis and arthritis simultaneously.

Types Explained

The most common type of psoriasis is *plaque-type psoriasis*. Approximately 80 percent of people with psoriasis suffer from this type of psoriasis. It is characterized by red skin covered with silvery scales that may itch or burn. The patches are consistent and common to certain areas of the body but may be found anywhere on the skin.

The second most common type of psoriasis is *guttate psoriasis*. This type of psoriasis appears on the skin as tiny, pinkish, or red bumps. Guttate psoriasis most often develops on the mid-section or extremities. These bumps may or may not require medical treatment.

Inverse psoriasis is defined by the very red, smooth lesions found in the folds of the skin. An uncommon form of psoriasis, pustular psoriasis, manifests itself through pus-filled bumps on the skin. *Erythrodermic psoriasis*, although the least common type of psoriasis, can compromise the heart — usually, the majority of the body is affected by an itching, burning rash, bright red in color and inflamed.

"Erythrodermic psoriasis is a particularly severe form of psoriasis that leads to widespread, fiery redness over most of the body. It is rare, occurring in 3 percent of people who have psoriasis during their life time. Individuals having an erythrodermic psoriasis flare should see a doctor immediately. This form of psoriasis can be life-threatening."

- National Psoriasis Foundation

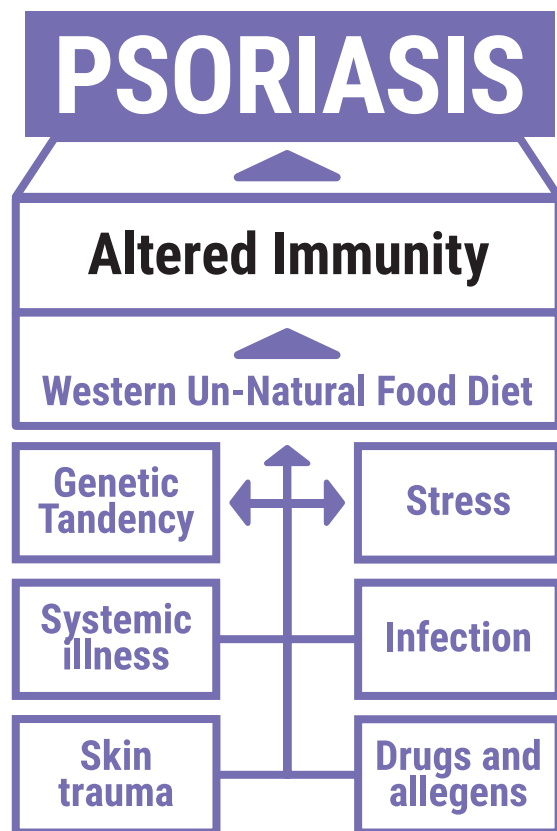


What Causes Psoriasis?

The origination of psoriasis is puzzling, and there are mixed opinions on what causes the condition. There may be a genetic factor involved for up to a third of the people diagnosed. Other thoughts surround an autoimmune disorder, bacteria and fungi, or possibly a combination of factors, including stress, a bacterial infection (e.g., strep throat), other forms of illness, certain medications, or even a bad sunburn.

Aggravating Factors

Some of the same factors that stimulate psoriasis may also exacerbate a current, active state of psoriasis. These include stress, injury to the body, allergies, infections (strep or HIV), nutrient deficiencies, or an unusual reaction to ultraviolet light.



Source: Nilanjita Chanda, final BHMS student, Metropolitan Homoeopathic Medical College

Photosensitive psoriasis occurs among 5 to 20 percent of people with psoriasis, and sufferers will need to avoid the sun.

What About Food?

The inflammatory nature of psoriasis along with the significant overgrowth of skin can contribute to small but important nutrient losses. According to experts in the field, the best advice to control psoriasis involves limiting or completely eliminating meat; minimizing or eliminating dairy; consuming a vast variety of fruits and vegetables; avoiding high-fat, sugary, and processed foods; consuming high-fiber foods; keeping a healthy weight; not smoking or drinking; and taking the appropriate supplements.

Like acne and eczema, psoriasis is a painful skin disorder that has been directly linked to an inflammatory diet. As noted by the National Psoriasis Foundation, Dr. Wilson Liao is one research pioneer who may change the way we think about psoriasis and food. Liao recently had a three-part study series published in the *Journal of the American Academy of Dermatology*, analyzing how psoriasis may be affected by weight loss, practicing a gluten-free diet, and taking nutritional supplements.

Though more research is needed, Liao concedes, several important factors in his studies stood out: Research has linked obesity to an increased psoriasis risk, with a higher body mass index causing both psoriasis and psoriatic arthritis risk to spike. Since psoriasis can double the chance of a celiac disease diagnosis, Liao also explored how a gluten-free diet can reduce psoriasis symptoms in patients with both psoriasis and celiac disease. However, research is still needed to examine how a gluten-free diet affects psoriasis sufferers who do not have celiac disease. And perhaps most important of all, Liao and his colleagues detected several benefits of taking nutritional supplements for psoriasis sufferers. Most notably, omega-3 fatty acid supplements helped to decrease inflammation associated with the skin disorder, and vitamin D supplements helped to improve psoriasis and psoriatic arthritis.

*"Psoriasis can be an inherited disorder but is not infectious or contagious."
- My Psoriasis Ireland*



Traditional Treatment for Your Skin Disorder

Mainstream Acne Treatment Options

Traditional acne treatments involve the use of systemic or topical steroids (anti-inflammatories), either in the form of pills, shots, creams, ointments, or lotions. The common disbursement of steroids for treating acne ignores the well-known fact that steroids have tremendous side effects. The side effects of steroids are lengthy and should be avoided, if at all possible. Topical steroids lead to thinning of the skin, which can lead to bruising, fragile skin, and small, recognizable blood vessels. Weight gain, high blood sugar levels, increased blood pressure, and the formation of ulcers are attributable to systemic steroids.

Other topical acne ingredients may have a harsh and irritating effect on the delicate surface of the skin — including popular over-the-counter ingredients like salicylic acid and benzoyl peroxide, as well as topical prescription ingredients like retinoids and antibiotics. Oral antibiotics may be prescribed to control inflammatory acne and are known to kill communities of beneficial bacteria in the gut. Acne sufferers may also be prescribed birth control as a hormonal treatment or may receive corticosteroid injections directly into an acne cyst for the purpose of reducing inflammation and scarring.

Mainstream Eczema Treatment Options

The most popular eczema treatments available focus on pain and irritation management in the skin. Eczema creams, ointments, and lotions are sold over-the-counter with hundreds of different options and ingredient combinations available. If you visit the doctor or dermatologist, topical eczema medications may also be prescribed, including a topical corticosteroid to relieve itching and inflammation or a topical immunomodulator intended to manage inflammation in the skin.

These topical treatments prescribed by a doctor are not without risk. Prescription steroid creams and ointments made with hydrocortisone (available at a lower strength in drugstores) are known to thin the skin and can increase the risk of skin cancer. Steroid creams are considered the quickest and most effective topical treatment for eczema flare-ups yet can also cause acne, changes in skin color, and increased hair growth when used for too long. Long-term hydrocortisone use can also cause other side effects, with the possibility of stretch marks in the skin. Topical

immunomodulators or TCIs have a black box warning under the FDA because of an association with both skin cancer and non-Hodgkin's lymphoma risk.



Mainstream Psoriasis Treatment Options

Psoriasis treatment options are often classified into five different categories: biological drugs, administered through IV or injection, may be prescribed for moderate to severe psoriasis that has not responded to other forms of medical treatment; prescription systemic psoriasis medications may be taken orally or through injection for moderate to severe psoriasis; phototherapy, or light therapy, requires the skin to be exposed to UV light regularly under a doctor's supervision, though it is not advised for those with photosensitive psoriasis; pills and tablets may be prescribed to target an overactive immune response and calm inflammation in the body; and lastly, topical creams and ointments are regularly used as a primary treatment option to manage painful, inflamed skin.

Like eczema, psoriasis sufferers may be vulnerable to the same side effects of using topical corticosteroids to calm the skin, including thinning skin and increased cancer risk. Many injected and oral medications for more severe cases of psoriasis can only be used for short periods of time, or alternated with other medications, because of their extreme side effects. Light therapy is the only truly safe treatment for psoriasis, in moderation, when it relies on natural sunlight to supply the skin with critical vitamin D and slow the skin cell turnover that causes plaque scaling.

Prescribed acne medications can take from 6 to 8 weeks to show an effect.



The Western Un-Natural Food Diet

Nutritional therapy in the form of an anti-inflammatory diet and the appropriate supplementation is fundamental to strengthen the immune system, decrease inflammation, and win the battle against skin disease. A diet which will definitely hinder one's prevention and recovery is the Western Un-Natural Food Diet.

Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, perpetuating inflammation. These nutrients include selenium, iodine, magnesium, B vitamins, chromium, and others. These factors combined with one or more poor choices are part of a disease-promoting lifestyle.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, refined and wheat pastas, cereals, and potatoes. The Western Un-Natural Food Diet is way too high in unhealthy fats and lacks the antioxidants and phytochemicals needed to eliminate free radicals. This all-too-common diet is lacking in high-fiber foods and the foods that provide essential nutrients necessary to reverse skin disorders — and to prevent them in the first place.

These missing foods include:

- *Beans (except when temporarily contraindicated for recovery)*
- *Dark-skinned fruits*
- *Nuts*
- *Seeds*
- *Vegetables (especially broccoli and kale)*

Special considerations:

- *Cooked foods lead to some nutrient losses; eat adequate amounts of a variety of nutritious foods—some cooked, some fresh, never fried.*
- *Keep blood sugars stable by consuming high-quality protein and low glycemic, antioxidant-rich carbohydrates. High or unstable blood sugars lead to inflammation.*
- *It is also important to avoid external irritants in your environment.*

This anti-inflammatory approach will lead to healthier skin on the outside of the body, in the majority of cases.





Are You Eating Skin Disease?

If you want to avoid long-term medication and topical skincare treatments, change starts now. One of the best ways to manage an inflammatory skin disorder is to change the way you eat. Avoiding the Western Un-Natural Food Diet and embracing the Really Healthy Foods Diet, outlined in this book, can help to alleviate most skin disorders. An anti-inflammatory diet for acne, eczema, and psoriasis can help to reduce visible inflammation and pain in the skin. As a natural byproduct, an anti-inflammatory diet balances the health of the entire body.

Inflammatory skin disorders develop over time.

Think back to the foods you have been accustomed to eating throughout your lifetime. For so many of us, this likely includes meat, dairy products, and saturated fats on your plate, often to excess. This is normal in our Western world, but sadly, it is not in any way beneficial to our health.

Even compared to 40 years ago, the meat and dairy products that we eat are significantly different. Today, when you eat meat or dairy, it contains much higher levels of antibiotics, growth hormones, saturated fat, pesticides, herbicides, and insecticides than it did years ago. All of these substances that you eat directly affect your immunity and your skin health, and you have probably been eating them for years.

Sugar and Starchy Carbs

I've said it before, and I'll say it again: Eating sugar is like eating disease!

But what does this ultimately mean for your skin health? Sugar can be found in a growing number of foods, namely those that are processed. In addition to cookies and cakes, it's important to avoid high fructose corn syrup, white or brown sugar, bread, white rice, breakfast cereals, potatoes, refined and wheat pastas, high-sugar fruits, and root vegetables like parsnips. Staying under 25 on the Glycemic Index is ideal.

Foods high in sugar contribute to inflammation. Inflammation is the root cause of disease, including the development of acne, eczema, and psoriasis. High-sugar foods can also over-activate the immune system, causing long-term damage. Remember, weakened immune function may be a major contributor to skin disease.

It's a vicious cycle.





The "Miracle" Spice for Healthy Skin

Curcumin is a phytochemical and belongs to a class of compounds known as curcuminoids. Other than being an important component of turmeric, a favorite Indian spice, curcumin is a natural polyphenol, a group of chemicals which provide many health benefits. Curcumin is a standardized extract from the dried root of the curcuma plant, the root being the portion used for medicinal purposes.

The history of curcumin tells about its many uses, including its role in healing and food preparation. Curcumin, in the form of turmeric, was used as a folk remedy, as well as a cure, in ancient Ayurvedic medicine. It was considered a symbol of prosperity. Curcumin was used in Indian and traditional Chinese medicine as a primary anti-inflammatory spice and a relief for stomach irritation, dating as far back as 600 A.D.

Research now proves why ancient medicine has used curcumin for thousands of years. Even though **curcumin's chemical makeup** was determined in 1910, it took until the mid-1970s and '80s to study curcumin on a larger scale.

One of the most recognized features of curcumin is its antioxidant action, which can provide anti-cancer benefits. Turmeric, which contains curcumin, has traditionally been used as a food preservative for good reason: It keeps food from going rancid or oxidizing. And just as turmeric (containing curcumin) keeps oxygen from turning meat rancid, it protects our own bodies from damaging free radicals.



However, turmeric is not curcumin — curcumin is thousands of times more powerful than simple turmeric.

These antioxidants are critical in the fight against inflammation. Because of this, curcumin has a direct application in the treatment of inflammatory skin disorders. Free radicals and inflammation are two of the main culprits behind most modern diseases, and chronic skin conditions are no different. This inflammation is simply a sign that the body is not at ease, which is where the term *dis-ease* comes from.

Since the skin is the largest organ in the body, subject to free radical damage and inflammation like all other organs, curcumin as an anti-inflammatory compound has a potent effect. When it comes to skincare and skin protection, scientists have discovered that curcumin's ancient "powers" have modern-day backing. In 2005, researchers from the University of Texas M.D. Anderson Cancer Center in Houston found that even small doses of curcumin could stop melanoma (the most serious type of skin cancer) cell growth and cause cancer cells to self-destruct.

In research published in *Advances in Experimental Medicine and Biology* just a few years later, scientists considered curcumin to be beneficial for all skin diseases as "curcumin protects skin by quenching free radicals and reducing inflammation through nuclear factor-KB inhibition." The researchers also believed curcumin could improve wound healing by aiding in skin repair. Turmeric has been applied to the skin to support the healing of eczema wounds for centuries, though more human studies are needed. Chinese researchers have backed curcumin as a potential alternative treatment for acne, and a 2014 study from the Netherlands found that daily oral curcumin capsules, used along with topical corticosteroids, could help to improve psoriasis by 48 percent compared to 12 percent in the placebo group.



Can I Minimize or Eliminate Skin Disorders?

I prefer not to use the word "cure" when talking about these skin conditions since many cases are directly related to or exacerbated by lifestyle factors.

Cure is a popular medical buzzword, although the medical field cannot provide cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) Every health condition has a cause. When you take away the underlying cause and follow a non-inflammatory lifestyle, your body will have the support it needs to repair itself, in many cases.

When you remove the cause and support your skin with healthy lifestyle choices and nutrients, it can often grow healthy again. You may call this a cure, but I believe it to be making healthy lifestyle choices.

Since these skin disorders are inflammatory, a non-inflammatory lifestyle is a must. It's important to stay hydrated by drinking six to eight 16 ounce (500 ml) glasses of pure, clean water per day. You can heal your skin with vital nutrients and antioxidants found in vitamins, minerals, healthy carbohydrates, amino acids, and essential fatty acids.



Optimal Nutritional Management

Optimal nutritional management is essential for healthy skin, for the reduction of inflammation, and for the quality, as well as the length, of life.

Did you know those who consider themselves happy have less inflammation than those who don't? It could certainly be argued that a well-rested person who is of a healthy weight; limits toxins; focuses on a diet bountiful in foods which are nourishing, anti-inflammatory, and a source of enzymes and antioxidants; and who also supplements with high-quality nutrients is an individual who is happy indeed!

Healing starts with nutritional therapy.

Detoxification may be uncomfortable at first, but this too will pass.

Sensible eating can support your recovery.

*... transform your health
with a balanced lifestyle
and essential nutrients...*



The Nutrients You Need

According to research, these nutrients can manage or prevent acne, eczema, and psoriasis in most cases:

- **Serrapeptase** - Proteolytic enzyme that can help to dissolve inflammation in the body and promote healthy blood flow and circulation. It also supports healthy cells and joints.
- **Curcumin** - Contains many antioxidant properties that can support healthy skin, and due to its antibacterial and anti-fungal properties, it can help to relieve many common forms of inflammation.
- **Ecklonia Cava** - Edible marine algae containing antioxidants that can prevent damage to the body that may lead to cancer and other conditions.
- **Vitamin D3** - Can support the immune system and promotes healthy hormonal balance.
- **Olea Europaea (Olive) Oil** - Can support the relief of blemishes, age spots, wrinkles, and fine lines. The oil is also highly effective at treating skin irritations and redness.
- **Probiotic Microflora** - Can promote normal bowel function and the absorption and assimilation of nutrients into the gut.
- **Progesterone** - Can help with regulating hormones and boosting circulatory health, vital for healthy-looking skin.
- **Iodine** - Can support the immune system, general energy levels, and the detoxification process.
- **Full-Spectrum Multivitamins and Minerals** - Can support a healthy immune system and normal recovery processes.
- **Colloidal Silver** - Can promote naturally healthy skin; soothes and renews skin when used as part of a daily skincare routine.





What If My Doctor Doesn't Support My Recovery?

You can use this Healthy Skin Rehabilitation Program to improve your skin health alongside any medical treatment and still get the benefits! Your doctor or dermatologist has an obligation to stick with the prescription drug outline that fits into the pharmaceutical industry monopoly. This includes the AMA in the US and the GMC in the UK.

Make no mistake — these organizations make money off disease care for sick individuals. They don't have a business model that promotes actual health recovery in any way, shape, or form. These organizations push a patented prescription drug protocol that allows them to charge outrageous prices for drug use over a lifetime. At the very best, these drugs may help the patient to feel or look better, but in many scenarios, they could lead to their death.

These industries won't support long-term health recovery in any circumstance!

These organizations are protected by the FDA in the US and the MHRA in the UK. They receive backing from powerful political parties and politicians who continue to fund the disease care monopoly I have just described.

Yet when you follow the Healthy Skin Rehabilitation Program to the letter, you may start to see results within 30 days.



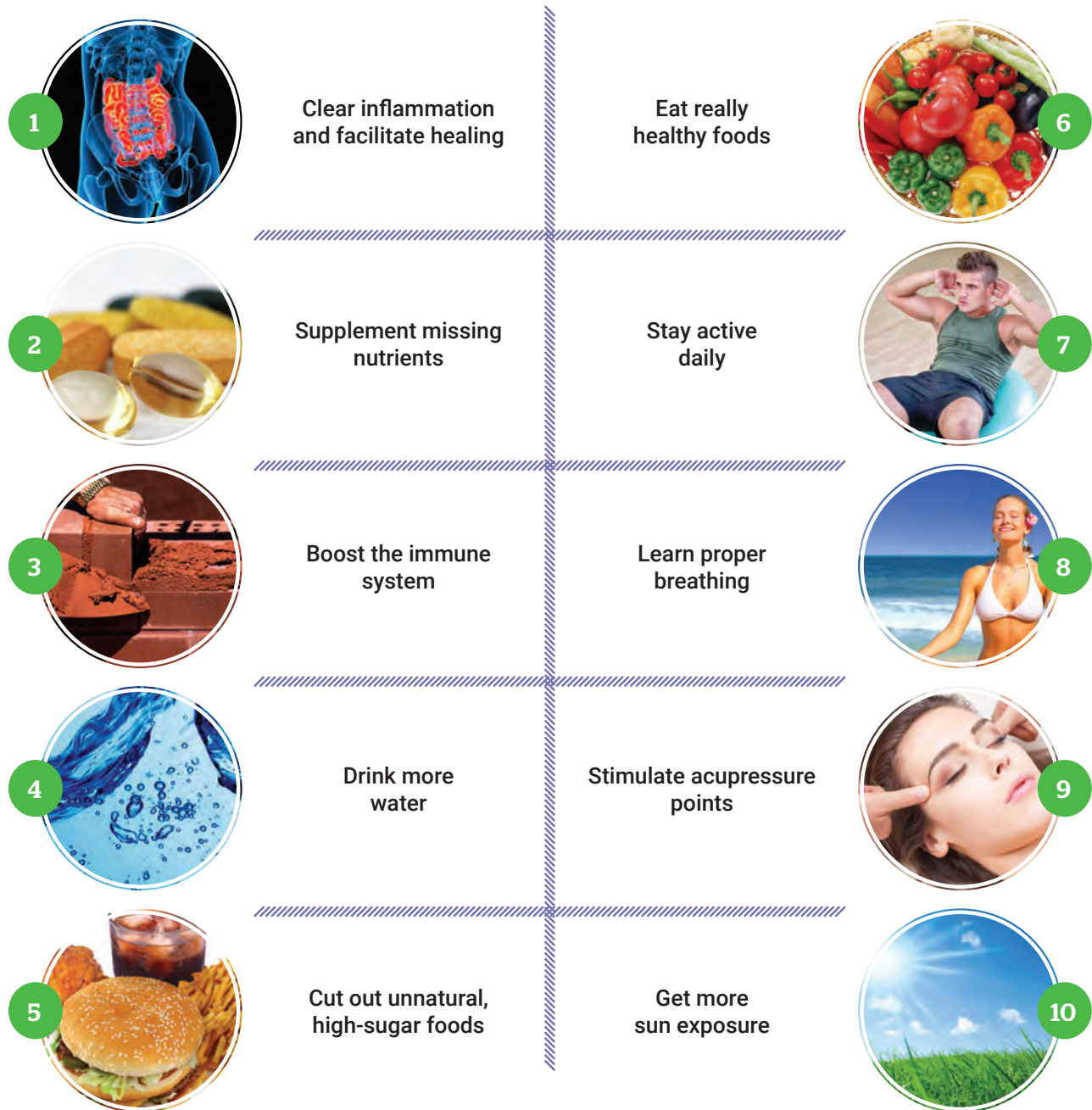
It will be a good day when drug companies are totally banned from contacting or influencing doctors, both directly and indirectly. It will be a good day when the information doctors need to prescribe drugs is made available from an independent body with a legal responsibility to ensure the efficacy and safety of drugs.



Your Healthy Skin Rehabilitation Plan

10 Steps for Long-Term Health Recovery

This self-recovery protocol can be used by sufferers of skin disorders and to support long-term skin health, in most cases:



It's almost impossible not to see significant changes in the skin after applying many of the points in this 10 Step Plan. You can clear up numerous symptoms and may see a full recovery, in many cases.



For details of the suggested plans, turn to **page 40**.

1. Clear Inflammation and Facilitate Healing

- Basic Plan -

- **Serranol™** – Contains Serrapeptase, Curcuminx4000, Ecklonia Cava Extract, and Vitamin D3. Serranol™ can support healthy cholesterol levels, blood flow, and circulation that leads to healthier skin. Take 2 capsules x 3 times per day, 30 minutes before each meal.
- **Ozone Oil** – Ozonated Olive Oil is a natural topical gel that can provide fast relief from many forms of skin irritation.
- **PrescriptBiotics™** – Contains “Bio-Identical” SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria.
- **NatraGest Progesterone Cream** – Helps with hormonal regulation and circulatory health, amongst other symptoms. Use for a month or so until skin is clear.



2. Supplement Missing Nutrients

- Advanced Plan -

- **Serranol™** – Contains Serrapeptase, Curcuminx4000, Ecklonia Cava Extract, and Vitamin D3. Serranol™ can support healthy cholesterol levels, blood flow, and circulation that leads to healthier skin. Take 2 capsules x 3 times per day, 30 minutes before each meal.
- **Ozone Oil** – Ozonated Olive Oil is a natural topical gel that can provide fast relief from many forms of skin irritation.
- **PrescriptBiotics™** – Contains “Bio-Identical” SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria..
- **NatraGest Progesterone Cream** – Helps with hormonal regulation and circulatory health, amongst other symptoms. Use for a month or so until skin is clear.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 25ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 3. Take first dose on waking, second mid-morning, and third mid-afternoon. Note that iodine needs a supplement containing selenium to activate it such as Active Life™, D.I.P. Daily Immune Protection, or B4Health Spray.



Please note that recommended products and prices may vary and be subject to change, depending on stock level and manufacturer availability.



3. Boost the Immune System

- Ultimate Plan -

- **Serranol™** – Contains Serrapeptase, Curcuminx4000, Ecklonia Cava Extract, and Vitamin D3. Serranol™ can support healthy cholesterol levels, blood flow, and circulation that leads to healthier skin. Take 2 capsules x 3 times per day, 30 minutes before each meal.
- **Ozone Oil** – Ozonated Olive Oil is a natural topical gel that can provide fast relief from many forms of skin irritation.
- **PrescriptBiotics™** – Contains “Bio-Identical” SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria.
- **NatraGest Progesterone Cream** – Helps with hormonal regulation and circulatory health, amongst other symptoms. Use for a month or so until skin is clear.
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- **Active Life™ Capsules** – Contains Vitamin A, B1, B2, B3, B5, B6, B12, C, D, E, K, Zinc, Ionic Trace Minerals, Aloe Vera Extract, Manganese, Organic Selenomethionine, Magnesium, Calcium, Chromium, Copper, Folic Acid, Potassium, and more. Supports a healthy immune system and normal recovery processes. Take 3-6 capsules per day, depending on the severity of the skin condition.





Optional - But Highly Recommended for At Least 1 to 2 Months



- **Hydrosol™ Silver** – Can be used to soothe and renew skin all over the body. Apply generously to skin on a daily basis to promote natural healing.



4. Drink More Water.

Drink at least 6-8 glasses of RO filtered or distilled water each day; add a generous pinch of baking soda (sodium bicarbonate) to each glass. This step is essential to promote alkalinity and combat inflammatory skin disorders.



5. Cut Out Unnatural, High-Sugar Foods

As the foundation of youthful skin, cut out starchy carbohydrates altogether, i.e., pastries, cookies, breads, breakfast cereals, pasta, and potatoes, as well as processed foods and milk products.



Note: Don't eat turnips, parsnips, and rice, except for small portions of wild rice, brown rice, and sweet potatoes/yams.



6. Eat Really Healthy Foods.

Make sure to eat some of these foods every two hours for the first few months of recovery:



Eat 9-14 servings of fresh or frozen vegetables each day: Try them in soups, steamed, stir-fried, juiced, etc. Eat 50 percent raw, juiced vegetables (preferably organic) and use the pulp to make soup. Blended veggies promote easier digestion.



Eat 5 servings of dark-skinned fruits (like cherries, red grapes, blueberries, etc.) that are rich in antioxidants each day.



Remember that avocados are a number one superfood with almost a complete spectrum of nutrients. If they are readily available in your area, try to eat at least two a day to promote health recovery. Avocados support heart disease, diabetes, cancer, and skin rehabilitation.



Eat 5 servings of nuts, beans, and seeds (soaked, mashed nuts and seeds) daily.



Eat pasture-fed chicken and other meats, only a few servings per week. Grass-fed meat is recommended above corn or grain-fed meat sources.



Eat a minimum of 3-4 servings of oily fish each week, if you eat fish. Choose a variety of healthy fish, like mackerel, sardines, salmon, etc. Canned fish is a nutritious option, although wild caught fish is recommended.



Add healthy oils to your favorite foods, like krill, omega 3, hemp, coconut, and olive oils. Pair with healthy carbohydrate alternatives, like **Really Healthy Pasta**, amaranth, quinoa, buckwheat, and chia and millet seeds. You can also try couscous, if you aren't allergic to gluten protein (celiac disease).



Add 3-5 teaspoons of sea or rock salt, depending on the heat and your body mass, to water or food each day. Remember that sea or rock salt does not contain the important mineral iodine, so Nascent Iodine is included in your rehabilitation plan.



Recommended Vegetables

Note: Vegetables may not be available in all countries.

- Artichoke
- Asian Vegetable Sprouts (Wheat, Barley, Alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad Beans
- Broccoli
- Brussel Sprouts
- Cabbage (Various Types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion Leaves
- Dried Peas
- Eggplant (Aubergine)
- Fennel
- Garden Peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (Kos and Various Types)
- Mangetout Peas
- Mushrooms
- Okra
- Onions (Red and White)
- Petit Pois Peas
- Radishes
- Runner Beans
- Seaweed - All Types (Kelp, Wakame, Noni, etc.)
- Silver Beet
- Spinach
- Squash
- Sugar Snap Peas
- Zucchini (Courgettes)

Recommended Fruits

Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi Fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/Prune (Dried Plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal Berry
- Satsuma
- Strawberries
- Tangerine
- Western Raspberry (Blackcap)



Really Healthy Food Pyramid: Garden of Eden





7. Stay Active Daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve. If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to start your walking and build this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g., skipping, star jumps, running on the spot; just about anything works, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your muscles connected with your heart and lungs will get stronger, and skin health will balance perfectly.



Physical activity is vital to your rehabilitation plan.





8. Learn Proper Breathing – Lower Cortisol

Breathing properly is critical since oxygen is the foundation of overall health.

There are two types of breathing:

1. **Anxious Breathing:** In the chest.
2. **Relaxed Breathing:** In the diaphragm or stomach area.



The first type of breathing in the chest is caused by a stress response and includes hormones like cortisol. This stressful breathing should only be temporary since it is related to a fight-or-flight response that causes hormones to release to relax breathing. If stressful breathing grows chronic, the body will retain carbon dioxide and cortisol to affect healthy functioning systems. Stress breathing will also cause the immune system to weaken, leaving it susceptible to infection and skin disease.

Make it your number one goal to retrain your body to breathe in a relaxed, healthy manner. This will clear out carbon dioxide and cortisol. When carbon dioxide builds up in your

bloodstream, it will destroy a substance called hemoglobin that the blood uses to transport oxygen throughout the body. This is why it's especially important to focus on relaxed breathing that comes from the diaphragm.

How to Breathe Correctly

The easiest way to relearn correct breathing is to lie flat on your back on the floor, on a mat or blanket or on a firm bed. Place a small weighted object on your belly button, like a heavy book. Take a deep breath in through your nose so that the book rises as your stomach, or diaphragm, fills with air. Hold this deep breath for a count of 4 and then release through your nose so that your stomach deflates. Use this process to release any tension as you exhale and repeat. In the exercise, your chest should not move to indicate relaxed, stress-free breathing.

Practice this low-stress breathing exercise again and again as you lie down. Once you have mastered the rhythm of the calming breath, you can start to try the exercise while standing. Initially, you may feel dizzy as you intake more and more fresh oxygen, but it's still important to practice the exercise whenever you can.



You can access more resources on breathing lessons [here](#).



9. Stimulate Acupressure Points

Another component in your rehabilitation plan is to stimulate acupressure points that connect to your skin recovery system. There are a number of points that can be massaged gently with a finger or an acupoint device to mimic actual acupuncture. Please read more about this on **page 44**.



10. Get More Sun Exposure

An essential vitamin to support your overall health is vitamin D3. You can find a large dose of vitamin D3 in the recommended supplement on **page 40**, but it's still critical to get some natural vitamin D from sun exposure.

The sun is the source of life. Unfortunately, myths have been circulated in the health community that the sun is an enemy that we must stay away from at all costs. Even worse, many health professionals recommend slathering your body in toxic chemicals every time you go out in the sun. Of course, I'm not recommending lying in the sun for 6 hours at once on the first hot day of the year. It's essential to build up the skin's tolerance to sun exposure over several weeks for natural protection. By the time that hot summer days come around, you will be able to tolerate a greater amount of natural sun exposure.

Recommendations for sun exposure:

- 1. Expose as much skin as you can to the sun each day, such as on your morning walk.*
- 2. Build up your sun exposure gradually from spring to summer seasons.*
- 3. Try to stay out of the sun in mid-day without a cover-up; a cover-up is preferred to chemical sunscreens.*
- 4. If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.*
- 5. It's important to remember that the sun is your friend, and sunshine can be enjoyed in moderation!*

Research supports a daily dose of sunshine to help balance blood pressure, further reducing the risk of heart attack and stroke. Southampton University researchers say that because sunlight helps to activate nitric oxide (NO) molecules in the skin that are then transferred to the circulatory system — needed to tone the arteries and blood vessels and reduce blood pressure — heart disease deaths are naturally higher in the winter months when there is less natural sunlight.

Moderate sun exposure, where bare skin is exposed to the sun to absorb vitamin D3 for anywhere from 15 minutes to several hours *before* burning, can even improve the health of the skin. Moderate sunlight has been known to benefit some skin disorders like acne, eczema, psoriasis, and fungal infections. Inspiring modern phototherapy, sunlight is also considered the original natural treatment for psoriasis. Daily sun exposure that is not in excess can help to boost immunity, cleanse the blood, and improve oxygen-to-tissue delivery with similar effects to exercise — all benefits that can directly support the health and appearance of the skin.



More About Clearing Inflammation and Promoting Healing

Serranol™

Serranol™ is a combination formula of four key ingredients: CurcuminX4000™, Ecklonia Cava Extract, Serrapeptase, and Vitamin D3. These core nutrients provide a super supplement that studies show targets dozens of health and aging-related issues. Serranol™ is a powerhouse of ingredients concentrated into a single capsule that supports the body's fight against premature aging and compromised health.

Ingredients:

• CurcuminX4000 (from Meriva® curcuma longa extract)	250mg
• Ecklonia Cava Extract 25:1	50 mg
• Serrapeptase	80,000IU
• Vitamin D3	1,000IU

Dosage:

Take 2-3 capsules x 3 times a day, 30 minutes before eating a meal with a glass of water. Use until clear.

PurO3 Ozonated Organic Olive Oil

Ozonated Olive Oil is created by taking pure oxygen and electrically charging it. This process is done by flowing oxygen through an electrically charged tube. Ozonated Olive Oil can help to relieve blemishes, age spots, wrinkles, fine lines, minor skin irritations, and redness.

Ingredients:

- Olea europaea (olive) oil*
- Activated oxygen (ozone)

*Organic

Dosage:

Apply to skin daily for best results.





PrescriptBiotics™

PrescriptBiotics™ is a soil-based probiotic that promotes normal bowel function and supports the absorption and assimilation of nutrients in the gut. PrescriptBiotics™ can help with GI tract microfloral ecologies, while stabilizing the gut mucosal barrier.

Containing over 29 probiotic microflora "Soil-Based Organisms" (SBOs) with a humic/fulvic acid prebiotic to enhance SBO proliferation, PrescriptBiotics™ can restore levels of gastrointestinal microflora that have been compromised by antibiotics, digestive abnormalities, medication, poor diet, and stress.

Ingredients:

Each 620mg capsule of PrescriptBiotics™ contains a proprietary blend of Leonardite and the following Class 1 beneficial microorganisms:

Anthrobacteragilis, Anthrobactercitreus, Anthrobacterglobiformis, Anthrobacterluteus, Anthrobacter simplex, Acinetobacter calcoaceticus, Azotobacterchroococcum, Azotobacterpaspali, Azospirillumbrasiliense, Azospirillumlipoferum, Bacillus brevis, Bacillus marcerans, Bacillus pumilis, Bacillus polymyxa, Bacillus subtilis, Bacteroideslipoleticum, Bacteriodes succinogenes, Brevibacteriumlipoleticum, Brevibacteriumstationis, Kurthazopfil, Myrothecium verrucaria, Pseudomonas calcis, Pseudomonas dentrificans, Pseudomonas flourescens, Pseudomonas glathei, Phanerochaetechrysosporium, Streptomyces fradiae, Streptomyces cellulosae, Streptomyces griseoflavus

Dosage:

Take 1 capsule x 2 times a day.



NatraGest™ Progesterone Cream

NatraGest™ is a natural progesterone cream that can regulate the hormonal system, including the thyroid. Progesterone can also help with PMS, menopausal symptoms, circulatory health, female health problems, and osteoporosis, while supporting healthy blood sugar levels.

Since natural progesterone is thought to have a widespread regulatory and restorative effect on the endocrine system in the body, it may therefore have rejuvenating and anti-aging properties for the body as a whole.

Ingredients:

- Aloe Vera Extract in Distilled Water – with Catalyst Altered Normaliser
- Octyl Palmitate
- Tocopheryl Acetate (Vitamin E)
- Glycerin
- Stearic Acid
- Glyceryl Stearate
- PEG-100 Stearate
- Natural Wild Yam Extract
- Cetyl Alcohol
- Oleic Acid
- Hazel Nut oil
- Grape Seed Oil
- Panthenol
- Grape Seed Extract
- Triethanolamine
- Sodium Hyaluronate
- Carbomer
- Potassium Sorbate
- Phenoxyethanol
- Fragrance

Dosage:

Apply to skin daily for best results.





More About Missing Nutrients

Nascent Iodine

This is totally different from the typical iodine in its denser state — sold as an antiseptic, as iodine tri-chloride (claiming to be atomized), or added to potassium iodide to make it soluble in liquid. Nascent iodine is a consumable iodine in its atomic form rather than its molecular form. It can provide benefits in thyroid and immune support, detoxification, metabolism, improved energy, and more.

Ingredients:

- Iodine (in its atomic form) – 400mcg

Dosage:

Take 5 drops, 3 times per day in 25ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 3. Take first dose on waking, second mid-morning, and third mid-afternoon.



More About Immune Strengthening Formulations

Active Life™ Capsules

Active Life™ is an all-natural source of vitamins, minerals, and other nutrients designed to support a modern lifestyle. Active Life™ can maintain the health of the immune system and has all of the essential vitamins and minerals, including selenium and chromium. This supplement contains 130 plant-derived minerals, 12 vitamins, and 3 other nutrients that can help replenish storages in your body that are naturally depleted each day.



Dosage:

Adults and children over age 12 - take up to 3 capsules twice per day after meal. Children under age 12 - take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ capsules.

Ingredients:	Amount /Serving	%DV
Vitamin A (Palmitate/10% Beta-Carotene)	5000IU	100%
Vitamin C	500mg	833%
Calcium (from Calcium Citrate)	120mg	15%
Vitamin D3 (from Cholecalciferol)	400IU	100%
Vitamin E (as Natural D-Alpha Tocopherol Acetate + Mixed Tocopherols)	400IU	1,333%
Vitamin K2 (K2 - Menaquinone)	80mcg	100%
Vitamin B1 (Thiamin)	10mg	666%
Vitamin B2 (Riboflavin)	10mg	588%
Niacin - Vitamin B3 (from Niacinamide)	80 mg	400%
Vitamin B6 (Pyridoxine Hydrochloride)	10mg	500%
Folate (as (6S)-5-methyltetrahydrofolic acid) (equivalent to 1600mcg of (6S)-5-methyltetrahydrofolic acid glucosamine salt***)	800mcg	200%
Vitamin B12 (Methylcobalamin)	100mcg	1,666%
Biotin	300mcg	100%
Vitamin B5 (from Pantothenic Acid)	20mg	200%
Iodine (from Potassium Iodide)	150mcg	100%
Magnesium (from Magnesium Citrate)	60mg	19%
Zinc (from L-OptiZinc®)	25mg	166%
Selenium (from Selenomethionine)	200mg	285%
Copper (from Copper Gluconate)	2mg	100%
Manganese (from Manganese Gluconate)	4mg	200%
Chromium (from Chromium Polynicotinate)	120mcg	100%
Molybdenum (from Molybdenum Citrate)	75mcg	100%
Chloride (from Fulvic Trace Minerals)	16mcg	< 1%
Potassium (from Potassium Malate)	216mg	5%
Boron (from Boron Citrate)	1mg	*
Strontium (from strontium Citrate)	60mg	*
Aloe Vera Powder (200:1)	2mg	*
Bilberry Extract 5:1	300mg	*
Choline Bitartrate	25mg	*
Fulvic Trace Minerals	200mg	*
Inositol	40mg	*
Lutein (from Marigold flower - ZanMax®)	20mg	*
Zeaxanthin (from Marigold flower - ZanMax®)	4mg	*
L-Cysteine	10mg	*
L-Glycine	10mg	*
L-L-Taurine	400mg	*

* Daily Value not established

** L-OptiZinc® brand of zinc mono-L-methionine sulfate.

*** This product uses Gnosis SpA's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

OTHER INGREDIENTS: Vegetable Cellulose, microcrystalline cellulose & medium chain triglycerides.



More About Optional Nutrients

Hydrosol™ Silver Gel

The active ingredient in Hydrosol™ Silver Gel is a unique patented Silver Technology at a powerful 24 ppm silver. It is used by thousands of men and women to help soothe and renew skin all over the body. It instantly makes the skin feel noticeably softer. Hydrosol™ Silver Gel is doctor recommended and backed by scientific evidence.

Ingredients:

- 24ppm Hydrosol™ Silver (purified water, silver)
- Triethanolamine (0.90%) and Carbomer

Dosage:

Apply generously to skin on a daily basis to promote natural healing.





More About Acupressure

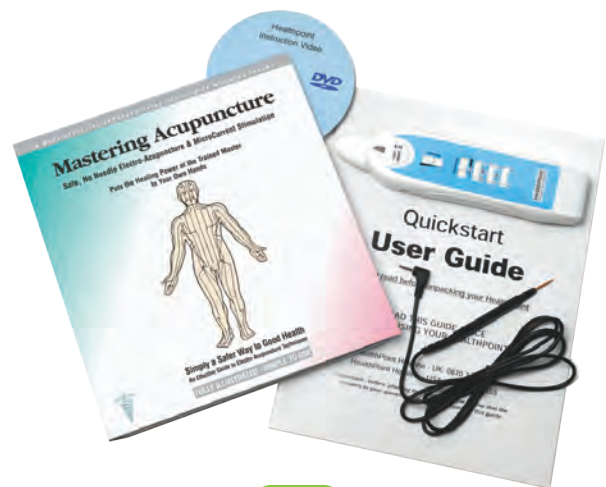
Stimulating the Good Health points for acne, eczema, and psoriasis on pages 5.2-5.4 of the book **Mastering Acupuncture** will help to balance the health of the skin. These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is that it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough waveform was developed with leading pain control specialist Dr. Julian Kenyon, MD, 21 years ago. Today, it features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for skin disorder recovery.

The ancient art of acupuncture has been used for centuries to correct internal imbalances that manifest as disease in the body. Electro-acupressure provides the same benefits when used in a convenient, at-home device to treat serious skin conditions like acne, eczema, and psoriasis. Cosmetic acupuncture and acupressure have also been used to treat fine lines and wrinkles, as well as sagging, dark spots, dull skin, and enlarged pores. You can find my complete Anti-Aging Rehabilitation Plan to support younger, stronger skin — including the new **HealthPoint™** Facelift — in my book *The Ancient Anti-Aging Secret*.

Beyond its transformative cosmetic benefits, researchers have found an exciting application for how acupuncture can benefit the health of the skin. In a 40-year study based on a systematic review of 43 English and Chinese trials that focused on acupoint stimulation, the results were clear. Acupoint treatment, a general description that includes therapies like acupuncture, acupoint injection, cupping, moxibustion, and acupoint catgut embedding, can effectively improve acne without side effects. In comparison to skin treatment creams that only suppress the side effects of an internal imbalance — and even cause more side effects of their own — acupoint stimulation can strengthen digestion and immunity, reduce inflammation, and restore the body's natural flow of energy. Acupuncture and acupressure work with the body to address the root cause of skin disease, instead of against it.





In Conclusion

The Healthy Skin Rehabilitation Program offers a complete rehabilitation plan that is specially designed to comprehensively prevent or manage acne, eczema, and psoriasis.

Skin disorders can better be understood as lifestyle diseases. This means that if you change your lifestyle, there is a greater chance of partial or full recovery. When you implement the changes found in the 10 Step Plan, your body can naturally begin the healing process to recover your skin.

Medication and chemical products won't "fix" your skin.

While your skin needs some outside support from nourishing products with natural ingredients, commercial skincare products made with chemical ingredients can do more harm than good. In a best-case scenario, medication and chemical products may provide short-term relief. In a worst-case scenario, drugs and chemical ingredients will irreparably damage the health of your skin.

Of course, the skincare industry would love you to continue using their ineffective products, relying on toxic chemical ingredients and medications that inhibit your true path to skin renewal.

Thankfully, you have discovered that there is a better way.

Improved skin health requires a complete program, one designed to address all aspects of what contributes to acne, eczema, and psoriasis:

- The Really Healthy Lifestyle is a treatment program structured for those patients struggling with skin disorders, even after other cosmetic and medical treatments have failed.
- This program can help you learn how to love your skin and improve your quality of life. The Healthy Skin Rehabilitation Program includes treatment in the form of exercise, education, and coaching.
- This personalized program incorporates therapy and support, assisting the person in achieving the maximum results possible.

You will find the Healthy Skin Rehabilitation Program outlined in this book. When you follow it carefully, you will see some results starting within weeks.

This rehabilitation plan will always offer skin improvements.

The worst outcome when using this plan will be that your skin improves, but you still need to use some prescription drugs or products if your skin has been permanently damaged by medication or a skin disorder.

Start slowly and begin rehabilitation step-by-step.

If you're not used to making major changes in your life, it may be difficult to adopt new healthy habits at first. But stick with it because...

Your health is invaluable.

Robert Redfern, Your Health Coach

Email Robert@goodhealth.nu

Visit: www.MyGoodHealthClub.com
for step-by-step coaching and support



Daily Skin Rehabilitation Plan

TIME	ACTION	AMOUNT
OPTIONAL ITEMS		
Any time of the day	Hydrosol™ Silver	Apply generously to skin
BREAKFAST		
After shower	PurO3 Ozonated Organic Olive Oil	Apply Ozone Oil to the skin daily
30 minutes before breakfast	Serranol	Take 2 capsules, with water
Before breakfast	PrescriptBiotics™	Take 2 capsules
Just before eating	Nascent Iodine Drops	Take 5 drops in 25ml of water
With breakfast	Active Life™ Capsules	Take 2 capsules
LUNCH		
30 minutes before lunch	Serranol	Take 2 capsules, with water
Just before eating	Nascent Iodine Drops	Take 5 drops in 25ml of water
With lunch	Active Life™ Capsules	Take 2 capsules
EVENING MEAL		
30 minutes before evening meal	Serranol	Take 2 capsules, with water
Just before eating	Nascent Iodine Drops	Take 5 drops in 25ml of water
With the evening meal	Active Life™ Capsules	Take 2 capsules
With the evening meal	PrescriptBiotics™	Take 2 capsules
Any time after the evening meal	NatraGest Progesterone Cream	Apply to skin daily

**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com

Tel: 03337 777 333

(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com

Tel: 1800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com

Tel: 1 800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com

Tel: + 61 (0)7-3088-3201

From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in

Tel: +91 9640428251

From 10am-6pm IST



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ABOUT THIS BOOK

My Good Health Club

Robert Redfern – Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health. This book combines all of Robert's work and research on

acne, eczema, and psoriasis into a simple Healthy Skin Rehabilitation Plan that can be used for naturally healthier skin.

For more information, you can join My Good Health Club (MGHC) for free dedicated Good Health Coaching from Robert Redfern.

Visit www.MyGoodHealthClub.com today for **FREE** support for health problems related to:

- Alzheimer's disease
- Autoimmune disease
- Diabetes
- Digestive disorders
- Heart disease
- Infertility
- Lung health
- Prostate health

And much more!

Acne

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

- Barbara, USA

Eczema

"I am taking Serrapeptase for my eczema and finding good results. I have also purchased your book and find it full of important information."

- Michele D.

Psoriasis

"I have been taking Curcuminx4000 for about three weeks now and [notice] a slight difference in my psoriasis, which is great. Thank you again for your time."

- Louise G.



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