

## Healing by Design

### Acne

#### 10 STEPS (Products highlighted)

1. Body Ecology Diet to eliminate all allergenic foods, boost immune system and fight infections
2. Sunshine! Sunshine eliminates acne. Get tan, but don't burn. The sun is good for us.
3. ***Kidney Cleanse Tea*** from Spirit of Health and coffee enemas to remove toxins, cleanse kidneys/liver and increase blood flow.
4. ***Aloe Life Daily Greens, Ultimate Superfoods Spirulina and/or Ultimate Superfoods Chlorella.***  
Greens are critical for blood cleansing
5. Living Green Calcium Bentonite Clay. This will detox the body, removing impurities from the bloodstream. 1 teaspoon (liquid clay) in hot water before bed. Can increase up to 2oz daily, empty stomach. Watch for constipation. Increase water and fiber, herbs if necessary to prevent constipation.  
***Liquid or Detox Powder by Living Clay or Yerba Prima Detoxification Liquid Clay.*** Use this topically as well on Acne.
6. ***Aloe Life Detox Formula.*** Aloe relieves inflammation and the detox herbs help remove toxins from the blood
7. ***Inner Vitality plant minerals by Morningstar.*** 2-4 ounces daily.
8. Topically, use ***Bentonite Clay w/ Apple Cider Vinegar or Olive Gold O3*** (great for infections on skin)
9. Fresh air, sunshine and walking.
10. Avoid birth control at all costs! These are very dangerous drugs. For women progesterone cream such as ***Proferia by Arthur Andrew Medical*** can provide healthy hormonal benefits and eliminate acne for many.