

ACNE PROGRAM

The Acne Problem

- Acne is a skin inflammation that to some degree afflicts about 80% of all those between the ages of 12 and 24.
- Factors that contribute to acne are: oily skin, androgens (male hormones) produced in increased amounts when a boy or girl reaches puberty, oral contraceptives, allergies, stress, and junk food.
- Acne is likely caused by sensitivity to sugar and other refined, processed foods. It may also be related to a lack of zinc and essential fatty acids. A bad case of acne often involves food allergies.

Conventional Treatment

- Orthodox medicine often insists that diet has nothing to do with acne and other skin disorders.
- Patients are subjected to strong antibiotics, especially tetracycline. Irradiation or treatment with cortisone-based (steroid) medication are often recommended.

M'Lis Program Highlights

- The skin is the largest eliminative organ of the body. When the usual detoxifying organs such as the kidneys, bowels and liver are overloaded, the skin attempts to throw off many systemic toxins. This results in skin eruptions, acne, eczema, psoriasis, etc. M'Lis recommends body cleansing (Detoxification) as the most important internal program for skin disorders, to help eliminate accumulated toxins and wastes and to strengthen vital organs.
- Hydration - drink at least 8 glasses of water per day for body and skin flushing.
- Dietary modification to strengthen and support body organs and tissues, including 100% nutrition through DAILY Multivitamin/Multimineral.
- Essential Fatty Acid supplementation – M'Lis EVENING PRIMROSE OIL and ORGANIC FLAX SEED OIL. EFAs are beneficial healers for dermatitis, acne, and other skin disorders.
- Exercise to improve internal sluggishness and poor elimination, both of which contribute to skin problems.
- M'Lis professional facial treatments, and a daily skin care routine using M'Lis natural renewal products.