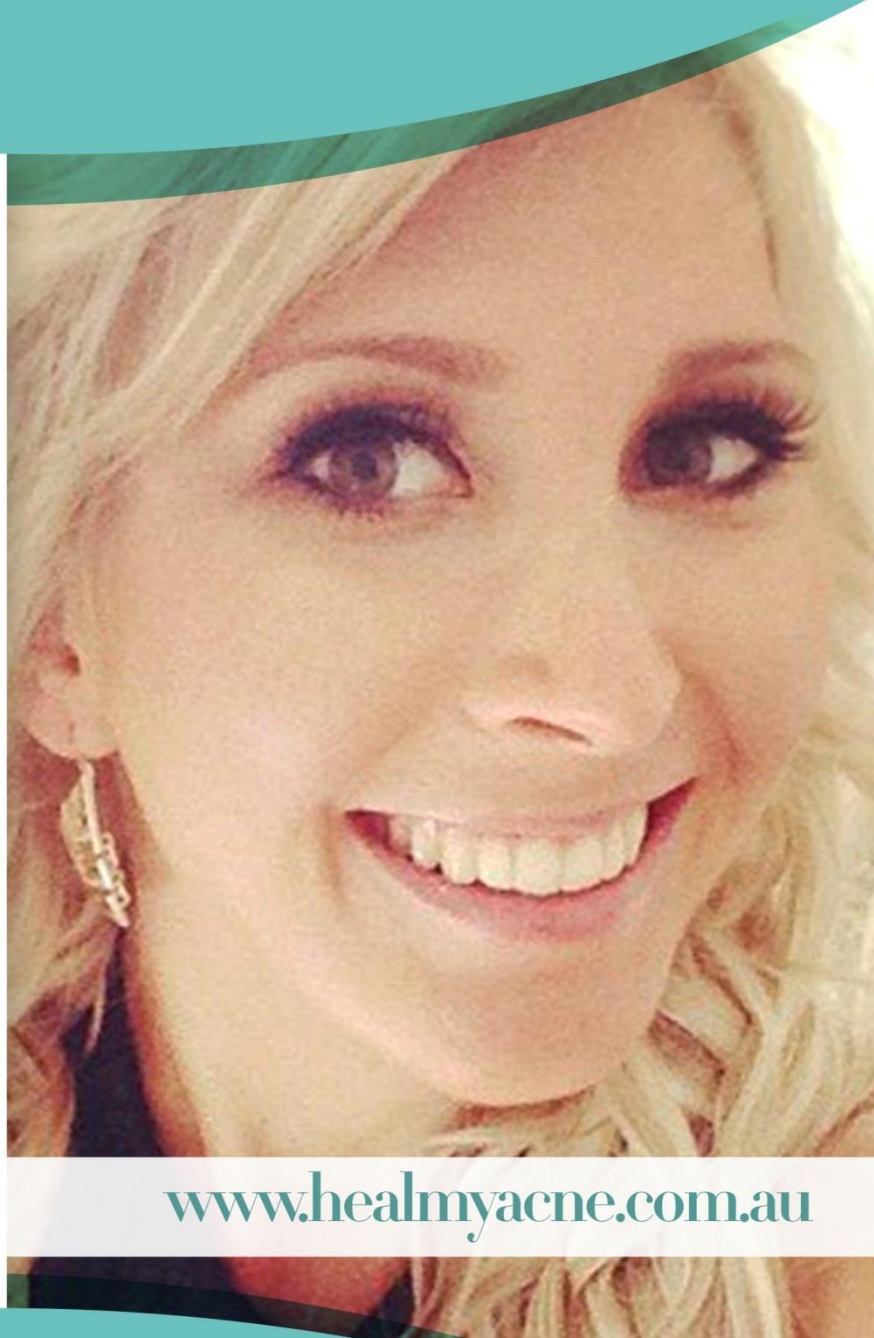


Easy Solutions for Everyone to Overcome Acne Naturally

HOW TO COMBAT THE ACNE WAR... *NATURALLY.*

More Than 50 Tips To Help You Overcome Acne Naturally.



HEAL MY ACNE

www.healmyacne.com.au

Melissa Madgwick

What People Are Saying about *Melissa Madgwick and Heal My Acne*

“I went from having severe acne (like teenage-girl-in-puberty acne) to now, only mild breakouts. Using the combination of eating right and using the supplements you’ve recommended has turned my life around. It has been the only thing to make a difference in my skin and I’m thankful to have learnt from someone who has been there and come out the other side. I honestly don’t know what I would have done if I hadn’t met Melissa. The support and information I gained from her was priceless.”

- *Taya Junup, Mane Republic*

HOW TO COMBAT THE ACNE WAR... *NATURALLY*

More than 50 tips to Help You
Overcome Acne... Naturally

MELISSA MADGWICK, BA

How to Combat the Acne War Naturally

By Melissa Madgwick.

First written by Melissa Madgwick in 2014 and updated in 2015. © Melissa Madgwick.

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Foreword

Before doing anything, speak with your health professional about your ideas. Craft a plan together as you move forward. Your health professional knows you.

I have not attended medical school. I have not been licensed by any kind of committee or board or government to give any health advice.

I have found, however, that most medical doctors have lost sight of the fact that food can be medicine, that humans are not inherently broken and that diseases can be cured by simple, healthful life choices.

I have read hundreds of blogs and poured many hours of research into the journey of healing myself.

You are the captain of your own body and health, and I advise you to weigh my words, your doctor's words and everything you read against your own experience, instincts and knowledge.

With my love and light. This is for you.

Five Reasons to Read This Book and Kick Acne's Butt

#1 Learn from my acne success story

This book is full of my experiences, failures, learnings and successes healing from acne. I would like to open your eyes to the diversity of acne as well as natural interventions for overcoming it. Feel empowered with the information in this book. I've broken it down with stories, simple tips and advice to make it easy to follow. Give a person a prescription and they may find relief for a few weeks. Give a person a book and they will heal themselves permanently from acne. This could be the best money you have ever spent!

#2 You are not alone

If you've been diagnosed and suffering with acne, you probably feel like you've reached a dead end: alone and an outcast from 'real life'. But, please know, you're not on your own! Studies show that between 40 and 55% of the adult population (age 20-40) are diagnosed with low-grade acne and 54% of women older than age 25 have moderate facial acne. It's more prevalent than you think. You can get your life back as many men and women have and I have personally too.

#3 Know the causes

Acne is the root effect of SOMETHING being thrown off in your body, largely due to what you are eating, putting on your skin, thinking and/or how you treat yourself. The tools that helped me and countless other men and women are in my book now accessible to you. You *can* heal your acne and get your life back.

#4 Learn the right diet and supplements to heal acne

People with severe acne tend to be deficient in a number of key vitamins and supplements, so it needs the right food and nutrition! Supplements will complement and accelerate their impact on your hormones. You'll learn all about my low-GI acne eating plan and easy-to-follow supplement guide. You can then shop for, prepare and enjoy eating real food.

You'll be surprised how different you feel after you take this advice!

#5 Easy tips and tricks on how I healed

In this book, there are more than 50 unique tips and tricks on how I healed myself naturally and there are countless men and women's stories as well which will not cost the earth. Your doctor may prescribe medication that covers up symptoms for the short term. One prescription may cost \$25, \$50, \$75 or even \$100. That may last you a few months. *Heal My Acne* will last you for the rest of your life!

#6 How to Use This Book

Read it through, follow the techniques and advice, and you'll soon be well on your way to clear skin.

Some parts of this book are complex, because acne is a complex problem. But we want you to fully understand the real causes of acne – that's absolutely critical if you want to know how, why and when you get acne, and how to keep your skin clear. If you find terms or concepts that are confusing, don't sweat the details too much – just follow my recommendations for diet and lifestyle changes. As long as you're getting the big picture and making the changes, you're golden.

I wish you a speedy healing process!

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