



DRAMATIC RESULTS IN AS
LITTLE AS 24 HOURS

the **ACNE** **CURE**

The revolutionary non-prescription
treatment plan that can cure even
the most severe acne

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FOR ALL AGES

Terry J. Dubrow

The Acne Cure: The Revolutionary Non-prescription Treatment Plan That Can Cure Even the Most Severe Acne and Shows Dramatic Results in as Little as 24 Hours



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A revolutionary way to remove a traditionally intractable medical condition. A maintenance program guards against recurrence. Using the techniques outlined in this publication, and without the use of prescription drugs, sufferers ought to be able completely to remove acne in 95 percent of all cases in only six weeks (and actually the remaining 5 percent will present remarkable improvement). By understanding your skin layer, what it really is and how it works, as well as exactly how acne develops, you will keep it young-looking, healthy and glowing, and banish permanently the embarrassment and distress of acne.



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Healed acne quickly and inexpensively I tried the regimen outlined in this reserve and it cleared up my skin in just a matter of days. I use Neutrogena acne wash, Alpha Hydrox 10% lotion 6oz, and Neutrogena benzoyl peroxide. A Crystal clear young looking encounter! I only do the benzoyl peroxide and ice thing twice and it was enough to do it for me personally. As an adult I have generally battled insanely oily skin, facial inflammation, cystic chin acne and blackheads that I possibly could never completely eliminate. I only perform the ice treatment right now if I feel or visit a bump starting, if not monthly as a preventative- it's just a little tough on my pores and skin. I still utilize the other two each morning and night time, and I really do not rinse off the glycolic acid lotion. It isn't exactly how the physician says to do it, but it works for me. I admit I was skeptical when I first go through this book, but I had under no circumstances used all three treatments together and that is the key.

Evening Schedule: 1) Quickly and softly I wash with the skin polishing cleanser from the Neutrogena acne kit to wash off the sunscreen and OC Eight I put on each morning. I made my own ice packs double-bagging freezer ziplock bags and partially filling them with drinking water. I am trying to include in the supplements suggested but will it's too much to remember to take every day. I have suffered from adult acne for about 6 years, with the onset at about age 25. The physician has additional info on keeping skin healthy once you cure the acne that is useful. Finally! Drug stores in my area usually do not carry the Alpha Hydrox brand any longer but you will get it on amazon or from their very own website- it's nutrients and ridiculously cheap irrespective of where you get it. I have followed the steps exactly as outline in the reserve, and have used the merchandise described. I'll admit that I REALLY DO NOT perform the routine exactly as outlined in the reserve, but I still possess gotten excellent results. Here is my am/pm routine:

Morning Routine: 1) Wash with Neutrogena oil free of charge acne wash (has 2% salicylic acid with a pH of 3.8-4.2) for 2-3 minutes, rinse off and pat dry. 2) Apply Alpha Hydrox 10% glycolic acid oil free formula (includes a pH of 4) and leave on. I am a newly (1 yr) licensed skincare professional. I must say that I've never really had skin this clear since I was probably about 12 years previous! 4) Then i apply OC Eight to my (not nearly as oily since it used to end up being) t-zone. I imagine you could use the ice treatment for just about any serum you need absorbed deep into the skin. 2) Wash with neutrogena oil free acne wash for 2-3 minutes want I do each morning, wash and pat dry. 3) Wait five minutes and I apply the pimples control lotion (has 2.5% benzoyl peroxide) from the Neutrogena acne kit. I REALLY DO NOT ice my face first enjoy it says to in the publication. It takes approx. 5 and those two items are in the proper pH range. 3) Wait 4 minutes and I then apply Neutrogena oil free lotion spf 15 with DermaNaturals from the Neutrogena pimples kit. I have been using the salicylic acid wash and glycolic acid lotion twice a time for two weeks prior to doing the initial ice treatment to try to dissolve some of the blockages first. Not merely have these products and this skin care routine cleared all of my acne, but my skin is very even toned, youthful looking and a lot less oily! The fundamentals of the publication are contained in his newest discharge. It teaches a obvious simple remedy by a doctor who knows what he's talking about. The skin issue is resolved with readily available products that aren't expensive, so Dr. Dubrow isn't selling the publication to then get you to buy one of his products (if he has any). Good skincare information, but not a cure for acne. I am about week 6 of this program outlined in the reserve, and have seen minimal results. After spending thousands of dollars the last 25 years to find skincare to totally clear pimples, blackheads and control my Incredibly oily skin without blow drying and aging my face, I finally found items and a routine that works for me personally after finding and scanning this excellent book. I have mild acne, so I dont see how I could be in the 5% of people this supposedly can not work for. I've less inflammation, but my pores are still very much clogged. The key reason why I take advantage of Neutrogena oil free acne wash and Alpha Hydrox 10% glycolic acid is basically because I read somewhere that to get proper exfoliation the merchandise will need a pH of 3 to 4. 28 days for skin to turn over, so I plan to give the plan 2 cycles before I give up. So far, the results are less than expected. We am in the medical field, and what's presented in the book makes sense, however the actual

plan he outlines is not supported by scientific data. He explains the purpose of each item utilized, and backs its performance up by mentioning scientific studies. I do not suffer with acne and understand many many people suffering with acne and Won't do the dermatologist. As a result, one can only become skeptical of the applications true effectiveness. I admit, after reading the reserve I was convinced it would work, however, 6 weeks later I've shown little improvement. All three of these remedies are inexpensive and I want I had known concerning this a long time ago because I had to endure acne needlessly for a long time. I never really had teenage acne. Factors work for about a week for me personally then it all comes home, sometimes even worse. I, like numerous others, have tried everything without success. I know that my acne is hormone related. If pimples can be hormone related, which in my opinion more often than not is, topical medication will not change the degrees of hormones your body produces. Therefore, topical medication may make pimples better, but will never serve as a cure. My opinion, if you can afford it, discover an endocrinologist that treats pimples. The book is an excellent read for understanding acne and how over the counter acne products work. Great skincare advice, however, not a "cure" for acne. Wonderful. Everything in this publication makes sense. The flaw is usually he supports every individual treatment with current data, but does not have any data supporting his mix of treatment. I REALLY DO NOT rinse it off like it says to in the reserve. This book did provide me with some knowledge to trick my "dermatologist hating" friends in understanding even more about their skin, cleaning and addressing "their" particular problem. Great book! The poor news is that the regimen is normally frustrating and can be a bit expensive for good quality items. As I go through it, I made a chart. Acne get rid of is a straightforward but diligent process. First, the good thing - IT Functions. Follow the process and it works Does take time, but SO worth it! Five Stars This definitely works. Worth Reading Really, Really appreciated this book. But if you're like me and have literally tried every item out there to no avail, try this and you received't be disappointed. Four Stars Not realistic to implement Great book Great up to now with the skin clearing. Whether it's topical or in tablet form, I've tried dozens of over the counter products, just as much natural/homeopathic treatments and have gone to dermatologists and aestheticians. My dermatologist says that I've mild acne, but lets encounter it, should you have pimples it is anything but mild! My epidermis was trapped in a rut and there wasn't something I could perform about it. I wanted to comprehend my acne before bust reading the "to do" section and I'm pleased I did. Dubrow's publication and read it per day. I bought Dr. not the most expansive high end stuff but definitely not the cheap stuff and I purchased an ice pack designed for your face. I bought mid-range products; It's good to learn what you're up against and why you're carrying out what you're doing. Good info Good info We am a lady in my mid-30's and have been battling acne for approximately a year and a half, both deep cystic acne and surface blackheads. Read it should you have skin issues that are longstanding This is a great book. I will read this book again and again. Just started my treatment Great book! Just began my treatment, but my encounter looks better already! Overall I probably spent \$80-100 for everything.



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