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Gentle Cleansing for Acne - inside and out

Acne is a condition that many people consider just to be skin deep. The fact of matter is, acne goes much deeper than your skin and if you're only cleansing yourself on the outside, you may be missing an opportunity to get rid of it altogether. Of course, cleaning your skin is a very important part of making sure that you keep your acne under control but you need to clean under the surface as well so that you can cure the disease that is causing the acne to show up.

Something that you certainly would want to do if you plan on cleansing in order to get rid of acne is to do so naturally and gently. The last thing that you would want to do is cleanse harshly and release a bunch of toxins into your system. What this would end up doing is bringing the acne to the surface more and making the problem worse before it makes it any better. It is a much better idea if you cleanse over a period of time and allow your body to remove the toxins slowly so that you do not have any negative side effects that are visible.

One of the best ways for you to do this is to go on a raw food diet for a few weeks to begin the cleansing process before you switch over to something a little bit more radical. Eating raw fruits and vegetables and staying away from anything that is processed or cooked is going to do a lot to help to get rid of some of the acne that you have. As a matter of fact, you might find that this is enough in order to remove your acne altogether and no further cleansing will be needed.

Once you have been eating raw food for a while, you might want to step it up a notch and do an internal cleanse. This would only be the case, of course, if you were willing to follow that cleanse through to its completion. If you do, you would be surprised with the amount of difference that you will see in your skin almost immediately. It is really the preparation for the cleanse that is most important and will keep you from removing all of the toxins immediately and making your acne worse. Take these things one step at a time and watch your skin clear before your eyes.

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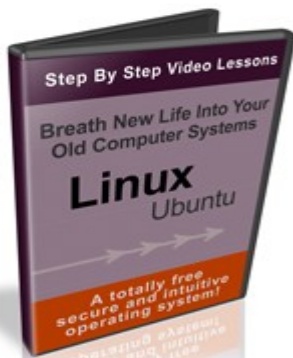
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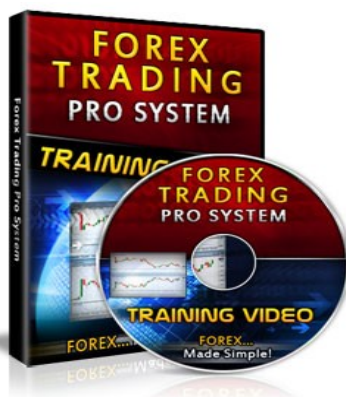
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