



How to Get Rid of Acne in 2015: Cutting Edge Research and Methods to Heal Scars, Prevent Breakouts and Get Rid of Acne Forever

Wayne L. Behler

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If you want to get rid of acne in 2015, this is the book for you. From natural cures to the latest research on medications and treatments for curing acne completely and making your skin clear again, this book has everything you need to find the cause of your acne and a cure that will work for you - permanently. This is the only book on acne treatments that is updated with the latest information for 2015.

Some of the topics that are covered in this book is discovering the exact cause of your acne and identifying the treatments that are most likely to make it easy to cure your acne for good. It also contains information on acne scar removal, an acne face wash that works and various herbal supplements and vitamin deficiencies that could be the cause and the cure for acne.

If you're looking for a natural acne treatment, a cystic acne treatment or information on acne spot treatment or acne laser treatment it is all contained in this book, which is a comprehensive resource for every type of acne and every cause of acne out there. It even includes information on acne treatments for skin conditions that are sometimes mistaken for acne such as Rosacea and dermatitis.

Here is a chapter-by-chapter breakdown of Getting Rid of Acne in 2015 a book on cutting edge research methods to cure acne, heal acne scars and prevent acne breakouts.

Introduction: Why This Book Will Finally Cure Your Acne

An introduction to the book and a description of the treatments and the acne cures that will follow, and an explanation of why this will finally cure pimples for good and allow you to have acne-free skin permanently.

Chapter One: The History of Acne Treatments

If you've even wondered what acne treatments have been like throughout history, this perspective on acne treatments with urine, acne cures with sulfur and acne prevention by telling the truth will interest you.

Chapter Two: What Causes Acne?

Understanding what causes acne is the first step is learning how to cure pimples for good. This chapter will explain in detail all of the possible causes for acne and how to treat P. acnes for good.

Chapter Three: Creams, Oils & Facial Cleansing

If you want information on creams for acne treatment, oils that cure acne and facial cleaning products that will clear up your skin and get rid of acne for good, this is the perfect chapter to read.

Chapter Four: Avoid These Breakout-Causing Foods

Some of your favorite foods might be causing your acne. Does chocolate cause acne? Does eating greasy food cause pimples? Will not drinking soda prevent your skin from breaking out? All of the answers on foods that cause and prevent acne are here.

Chapter Five: Herbal Supplements & Vitamin Deficiencies

Finding herbal supplements that prevent and cure acne is what this chapter is all about. These herbal acne cures and treatments are backed by science and the chapter includes a section on some of the vitamin deficiencies that can contribute to acne as well.

Chapter Six: Still Breaking Out: Dealing with Stubborn Acne


If you are still breaking out, this chapter details laser acne treatment, antibiotics to kill the bacteria causing acne, azelaic acid for acne treatment and oral and topical retinoids to cure acne for good. These are some of the prescription treatments and procedures that can cure acne and will allow you to work with your dermatologist to get rid of pimples for good.

Chapter Seven: Dealing With Acne Scars & Other Cosmetic Considerations

This chapter will go over information on getting rid of acne scars and making your skin clear and unblemished after curing your acne. There are many treatments out there for getting rid of acne and acne scars like ablative laser treatments, collagen injections for acne and getting rid of dark spots with Kojic acid, bearberry extract and vitamin C.

Conclusion: Living Your Life Acne-Free

This is the conclusion of the book with last minute notes and informatio

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