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ACNE by Viatrexx

The Path to Clear Skin

WHAT IT IS:

- Homeopathic medicine that promotes clear, healthy skin

WHY YOU NEED IT:

- Targets patients with persistent acne blemishes
- Important for patients who want natural skin care
- 'Homeopathic' means safe and gentle

HOW IT HELPS:

ACNE by Viatrexx is an all natural therapy that supports healthy looking skin. As most acne sufferers know, pimples are not merely a 'skin' problem. Blemishes cannot be scrubbed off or peeled away.

Prescription drugs sometimes work, but only if you continue to take them. Once the medicine runs out, the pimples come right back.

Acne is a problem both an 'inside' and 'outside' the body. That is, pimples are due to imbalances beneath the skin and within the skin. So, solving acne needs to address both sides of the skin simultaneously.

In alternative medicine, we sometimes refer to the skin as the 'third' kidney. The kidney is a detox organ that helps the body to remove waste that builds up in the blood. When the kidney gets overloaded with more toxins than it can eliminate, the body may push those toxins out of the skin which appear as pimples. That is one reason that treating acne only with topical therapies is rarely successful.

ACNE by Viatrexx is the first homeopathic that addresses the root causes of pimples. ACNE assists the body in maintaining healthy skin through improved circulation, growth

of healthy layers of new skin, and proper drainage and removal of the toxins that 'pop out' through skin as pimples.

Viatrex homeopathic remedies focus on rebalancing health by improving the delivery of oxygen and nutrients to starved cells, draining and detoxifying bloated tissues and organs, and providing regenerative support to help the body create a new, healthier you. Viatrex therapies are organic, biodynamic, and all natural.

Using ACNE by Viatrex as directed is a foundational step toward achieving clear, healthy skin. Follow these next steps every day and you are sure to see fewer and fewer pimples every day:

- ✓ **Beauty Sleep:** If you get less than seven hours of sleep, plan to see some new pimples forming the very next day. Sleep is not optional; it is an important part of your 24-hour cycle when the body can detox, refresh and restore vital functions. If do not get enough sleep, you may not dump all the previous day's toxins, and then some of those toxins may push out of your skin as pimply reminders to grab proper sleep the next night.
- ✓ **Diet:** Most dermatologists are taught that what you eat makes no difference. Most patients know this is completely false. Your diet is critical to keeping your skin clear. Eat a lot of 'toxic' foods (fast, fried, fatty, and fake), and don't be surprised to be fighting more pimples the next day...or week! Some foods you may think of as healthy are also likely to create acne blemishes in many people. These foods include nuts, seeds, fruit (because of the sugar...yes, even though fruit has 'natural' sugar), and dairy products (milk, cheese, yogurt, kefir). The other big categories of foods to avoid are anything with sugar (cakes, cookies, ice cream, cupcakes, scones, or other processed foods with 'sugar' listed in the ingredients), chocolate, and alcohol (wine, beer, liquor). Stay off all of these foods as best you can for as long as you can. Once your skin is clear, you can try adding some of the 'forbidden' foods back in one at a time, every five days. Keep a log of the foods you are adding back, and keep track of your skin's response. That way, you will remember which foods are right for you and which ones your body still pushes back out of your skin as pimples. This list of acne promoting foods is by no means complete, and you may have additional foods that trigger your acne that also have to be avoided until your skin clears up.
- ✓ **Daily Detox:** Every day, you need to direct toxins through the appropriate detox channels such as your liver, intestines, and kidneys. Otherwise, your body may push those toxin out through your skin as pimples. Along with daily use of ACNE by Viatrex, use the homeopathics Hepatik, Renalin, and Lymphatik to help clean your liver, kidney and lymph systems, respectively. Take Detox #77, 1 - 4 TBSP with each meal to help bind toxins in your food and keep your intestines clear. This is especially important when you are eating food that is not on your Clear Skin diet. The more extreme the diet splurge, the more Detox #77 you will need to bind up the toxins in your diet cheat. I personally use Detox #77 every day as part of my daily detox regimen. I also keep a small glass vial (glass is key) with a dose of Detox #77 on my person, so that I can take a dose of #77 right after I eat,

wherever I am and to 'neutralize' whatever I've eaten. If you are traveling or looking for a more convenient food-detox solution, use The Moment After Diet Pill which contains a precise blend of activated charcoal and bentonite clay to sop up dietary indiscretions. I travel with a Ziploc of these capsule in my pocket so I am always ready to bind up anything I don't want to stay in my body.

- ✓ **Healthy Bowels:** Healthy skin means having healthy bowels. You need two to three bowel movements daily to have clear skin. It is not normal to only have a bowel movement once a day or a few times a week. If something comes in through your mouth, something else has to leave through the other end. Otherwise, you are just building up and storing toxic waste. The more toxins you store in your body, the more likely they are to get pushed out through your skin. Better to push them out the way God intended. If you are struggling with having two to three movements daily, ask us for help and we'll get you 'moving' in the right direction.
- ✓ **DeStress:** More than any other common substance, stress is the most toxic thing we experience. And remember, toxins = pimples. Stress causes acne by screwing up your hormones, sleep, and detox pathways. There are many ways to de-stress, so find one that works for you and commit yourself to its daily practice. While humans never master stress, we don't have to be its slave.
- ✓ **Sweat It Out:** Sweating is a great way to open and de-clog toxic pores. Regular use of saunas and steam rooms can be an important part of your skin care regimen. Sweating via exercise can also help keep your skin clear.
- ✓ **Topical Care:** The products you use to clean your skin also matter. Natural skin care is always preferred. Available in our Natural Pharmacy is SoPhytoPro, a European based skin care regimen that is safe enough to use daily as part of your Clear Skin regimen. To help clear pimples up fast, I recommend Allimed cream be applied directly to the acne blemishes. Allimed is made from a powerful garlic extract. Yes, the product smells like garlic, but after 10 minutes on your skin, the Allimed and the garlic smell disappear into your skin. As Allimed penetrates your pimples, it naturally kills the bacteria that cause acne and helps dry up the blemishes fast. While you are walking around your house or before going to bed, dab a little Allimed onto each blemish and let the Allimed sit on top of the pimple as long as possible.

Healthier looking skin can be your future if you understand and respect where pimples start. Remember, the 'cause' is the path to the 'cure.'