



PROTOCOL FOR ACNE VULGARIS

Acne vulgaris is a disease of both the skin and the gut. Sometimes antibiotics are used to treat this type of acne; however, the use of broad-spectrum antibiotics to treat acne vulgaris is like using a cannon instead of a fly-swatter, and can even exacerbate the problem in some cases.

The use of enzyme supplements, B Vitamins and Vitamin C also are needed to restore balance to the gut. Probiotics are highly recommended in the treatment of acne.

Once the above conditions have been met, we can begin the treatment phase with Vital Therapy products.

The First product is a Raspberry Polishing Scrub, used once or twice a week to aggressively exfoliate and cleanse the skin. Next, a daily Clarifying Cleanser is used to clean the pores of the skin. In addition, the AHA polymers of glycolic acid and the polymer of beta-hydroxy acid (salicylic acid) help exfoliate and are mildly antibacterial and antifungal. After cleansing, a Clarifying Toner is applied to the skin; the toner remains on the skin to acidify the skin and acts as an anti-microbial as well.

The final step of the Acne Protocol is the application of the Acne Peptide Lotion. This product contains peptides that will even improve the worst cystic acne without the use of Accutane. This lotion used in conjunction with Vitamin C-L-Carnosine Serum will also serve to remove scar tissue that sometimes is associated with cystic or severe acne.

An improvement in acne can be seen in a short time frame.