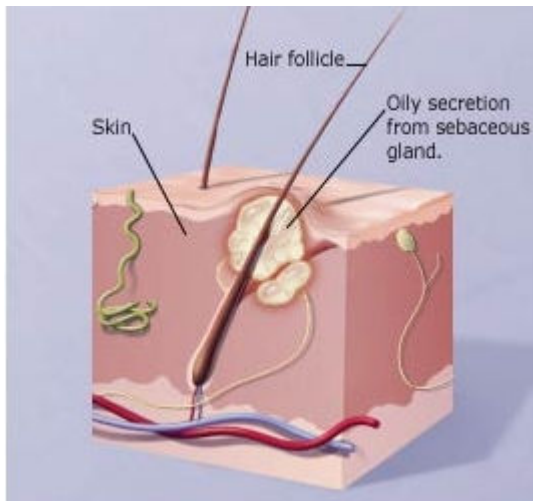


Newsletter February 2012 No 3

Dear Customers

In this Issue: Health Tips for Acne

Acne



RULE No. 1, don't squeeze spots

I want to explain why you should not squeeze spots. Imagine that the spot is a self contained eco system full of puss (mostly dead white blood cells) with the infection-causing agents on the edges in the tissues. So now you put an immense amount of pressure on this system trying to make it burst. In doing so you push the infective agents further in to the healthy tissue, and if you are really lucky in to a handy capillary so it can spread to a new area. Well done you!

RULE No. 2, don't squeeze spots

If you must deal with your spot wait until the end of the day and do it properly. I do not suggest you do this but if you must this is the best way to do it. In front of a mirror, take a sharp needle sterilise it in some surgical spirits. Push the needle in to the head of the spot so you provide an exit vent, some puss may come out now. **DO NOT SQUEEZE IT.**

You need to create a pressure wave behind the spot by gently pushing a large fold of tissue. Your fingers should be at least an inch away from the spot itself. This should result in more puss coming out. But do not be brutal.

Wipe this away with a tissue soaked in surgical spirit.

NOW THE IMPORTANT BIT - The clear fluid that comes out of the spot afterwards is full of infective agents which you will spread on your skin which is likely to infect new areas. So mop this up again with tissue soaked in surgical spirit. Repeat this until the spot has stopped leaking!!!

Apply Colloidal Silver gel - frequently up to 4 times per day.



[Goto GoodVitality.com](http://GoodVitality.com) and search for code 5131Colloidal Silver syringe

Acne Rosacea

This is a much more difficult problem and tends to affect older people. The infection is deeper in the tissues, making the tissues a red colour. There may also be pustular eruptions. Again try not to squeeze the eruptions as it will tend to make it worse long term, and spread further.

Here we have found it beneficial to use Colloidal Silver gel with Parafilm. This helps the Colloidal Silver penetrate the tissues. So apply the gel from the syringe and place a piece of Parafilm over it, (this can be reused - but not shared for cross contamination reasons). Leave it for a minimum of 15 minutes and repeat morning and afternoon.



[Goto GoodVitality.com and search for code 5230 Parafilm](https://www.goodvitality.com/search/5230-Parafilm)

Diet

You will read in all sorts of scientific press that diet has nothing to do with spots; sorry but I disagree. I have found that when I take people off diets rich in animal fats their spots definitely improve, (cheese, chocolate, cream, red meat etc.). The reason for this could be that the animal fats make your sebum (the oil our body produces) thicker and thus more likely to block your pores and become a black head which can often then lead to spots.



I do think the oils in fish can help with this problem so eat oily fish regularly (Salmon sardine mackerel and tuna - not canned tuna).

If you can not stand the fish then you could try Concentrated Fish Oil one per day after your main meal of the day. You should notice a difference to the quality of your sebum in a few weeks.

[Goto GoodVitality.com and search for code 1760 Concentrated Fish Oil](https://www.goodvitality.com/search/1760-Concentrated-Fish-Oil)



Supplements that can really help

1. Zinc helps your thymus gland produce white blood cells and in studies has been shown to reduce acne. Take one after main meal of the day.

[Goto GoodVitality.com and search for code 3725 Zinc Picolinate code](https://www.goodvitality.com/search/3725-Zinc-Picolinate)

2. Echinacea will make these white blood cells more aggressive and so speed up recovery. Take 3 capsules per day, one in between each meal.

[Goto GoodVitality.com](http://GoodVitality.com) and search for code 3870 Echinacea



Also available as Echinacea tincture, which can be added to a little water. Take 20 drops 3 times a day in between each meal.

[Goto GoodVitality.com](http://GoodVitality.com) and search for code 7029 Echinacea Tincture



3. Pantothenic acid. This has been found in studies to help slow down and stop acne. Take one after main meal of the day.

[Goto GoodVitality.com](http://GoodVitality.com) and search for code 2160 Pantothenic acid

Severe and Cystic Acne



We have now had several reports that taking hCG has helped with severe acne, one customer even reported his cystic acne was considerably improved after using hCG.

So that could be something you could consider. You may also lose a few pounds in the process!

[Goto GoodVitality.com](http://GoodVitality.com) and search for code 8010 hCG

Don't forget it is not advertised and can only be bought by searching for the secret code 8010.

RULE No. 3. Don't squeeze spots - unless you want more!

Latest Video on Acne



[Goto GoodVitality.com/acne-56-c.asp](http://GoodVitality.com/acne-56-c.asp) for video and products mentioned.

Or go to GoodVitality.com, Health Tips and Videos, then Acne.