

Quick Acne Treatments Exposed: The Truth Behind Miracle Acne Cures

Can acne be cured quickly and without effort? Is there really a revolutionary acne treatment overlooked by the medical establishment that wipes off acne in days?

The recent proliferation of quick fix acne treatments, miracle cures, and instant acne formulas, has caused consumers to wonder if these alternatives are actually worth their hopes and hard earned cash. Can there be an overwhelmingly easy to follow and quick acne treatments that produce results in days?

The difference between simple and easy

If someone has mild to moderate acne that is uncommonly triggered by allergy to certain foods, then they can often begin to clear their acne very quickly and easily, relative to their previous disappointing results. All they have to do is improve their nutrition by eliminating these acne-aggravating foods and a quantum leap can often be made.

With that distinction made, let me state unequivocally that achieving permanent clear skin is never really “easy”. There is always effort and discipline involved, as there is with any worthwhile achievement. Endlessly searching for an easier way, a fairy tale quick fix, a miracle cure, a holy grail, is a misguided quest and it will lead you nowhere.

Curing acne is very simple, but for most people it is not easy. There's a big difference between simple and easy: "Simple" means the process is not complicated - if you do x and y you'll get the desired result. "Easy" implies that something can be done with little or no effort. Anyone who tells you they've discovered an “easy” or "very quick" way to clear acne is simply and boldly lying.

You can only reap what you sow

Achieving lasting clear skin requires two things:

- 1) You must be willing to put some effort
- 2) You must be patient

The problem with many people is that they are terrified from anything that appears to involve some work. They're always looking for short cuts. As soon as they see something that promises to cure their acne "quickly," "easily," "effortlessly," "while they sleep," and so on, they whip out their wallets and take the bait.

Make no mistake; people who are prone to acne and have beautiful clear skin, especially celebrities and famous models, have worked very hard to get where they are. Many famous people with acne prone skin who now have flawless complexions have made a sacrifice to get there.

It's an absolute law of the universe that you can't get something for nothing. Your acne will fade away and your skin will become clear and glowing in direct proportion to the amount of effort you put in. You can only reap what you sow.

The 5 crucial components to an effective clear skin plan

An effective clear skin program must have five crucial components:

1. Internal and external cleansing
2. Internal strengthening and rejuvenating
3. Hormonal balancing
4. Lifestyle optimization
5. Goal setting and motivation

Except for those with acne triggered by allergies to food, it's extremely difficult (if not impossible) for most people to achieve permanent clear skin in days and without effort.

So there you have it. You have a solution. It's simple (just follow the steps) but it's not always easy. From here you decide what to do with your acne and your health. Like everything, in the end, it all comes down to your choices.

Mike Walden is a certified nutritionist, independent medical researcher, natural health consultant and author of the #1 best-selling e-book, "Acne No More- Open The Door To An Acne Free Life." Mike has written dozens of holistic health articles and has been featured in ezines and print magazines, as well as on hundreds of websites worldwide. For information on Mike's Holistic Clear Skin program, visit:

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