



Elle Parker's Tips
www.ControlMyAcne.com

I've been getting a lot of questions in public and on my website lately so I decided to write a series of small reports that friends, family and visitors could grab for free when they needed answers.

First of all, let me say that my skin wasn't always this beautiful! (That's the question I get asked the most...)

So many people say "You are so blessed to have such great skin!"

Blessed? No, I wasn't blessed, but I do use the right products, drink plenty of water and spend time every day to ensure my face stays smooth and acne free.

So now that we have that question out of the way, let's talk about a few of my techniques...

Intro

Look, we are all skin conscious and we all crave perfectly toned, smooth and healthy looking skin – even me! Yes there are a few things I'd like to change about my skin some days. However, when I was a young teenager and just starting into the breakouts I realized that it only took a few simple steps to put my best face forward. Honestly I really didn't want to be fussing about back then on all this, but I knew that just a few minutes a day could mean a lifetime of skin that most people would give their right arm for. Looking back, I'm glad I did that.

So what can I tell you here that will make you want to make that effort? Because I can't force you to look after your skin, I can't stand at your bedroom door day and night and remind you of your skin care, can I?

I hope, that if you want this bad enough, you're going to put the effort in – every day. Don't ignore what you know is right for your skin. I have about 4-5 little booklets like this that I'm planning to write, so make sure you check back at my website to ensure you have them all, okay? They are all free and by the end of them you will know everything I know about healthy looking skin care. You'll be able to grab each book as it becomes available at: <http://www.controlmyacne.com/tips>

What Really Works (and Doesn't) ... (see page 2)

The first thing I want to tell you, I don't care whether you are a guy or a girl reading this, is that you know already what is right or wrong for your skin, but sometimes you might choose to ignore what you know. And when you ignore the advice your mother or grandmother or whomever told you, you pay for it a week or so later – with another nasty breakout session!

So I'm going to go over the basics in this book. Stuff you already know. But now it's not coming from mom or grandma, it's coming from me and you'd better listen!

- Stop buying crap makeup! Get the good stuff and just wear it less often – or use less of it!
- Don't believe the commercials! One thing that is true in the USA and Canada is that far too many of us think that we can buy perfect skin from some jar of lotion at the grocery store. But the truth is, a truly radiant, blemish free and moist skin is a result of looking after yourself inside and out. Now I know it's hard to always eat the right stuff, remember to drink water and so on at your age (it doesn't get any easier at my age by the way), which is why I'm going to tell you about my secret weapon in a few minutes...because we all slip up every now and then.
- Remember beauty isn't just skin deep. If you want great skin you have to start from the inside, not just what's happening on the surface. I'll explain in a minute...
- Most people will tell you that you have to wash and scrub and wash your face – as many times a day as possible with mild cleansers, treated lotions, and so on. But listen up because this is important - there is one 'cleaning' that's crucial for maintaining a beautiful skin that no one seems to talk about, and that is to keep your blood clean! I know that might sound odd but your blood feeds and washes your every cell and, well, what do you think your skin is made up of anyway? That's right! Cells! So it's not just all topical, on the surface, washing you need to do!

Let's talk about how you can get clean inside-out then okay? You're surrounded by chemicals and toxins. It's in our air, the cleaning supplies at our schools, our clothes and the food we eat. Heck there are even piles of chemicals and toxins in our water.

So we're fighting that. In this teen generation more than any other. But, if your goal is to have healthy and beautiful skin, you've got to be aware of what's going on in the world around you and what you're eating. Your body will clean itself but usually we're so overwhelmed with these substances that we get overloaded and it shows up in our facial skin.

...(see my secret on page 3)

So eat right whenever you can, drink as much filtered water as you can and help your body do it's job of getting rid of all the sludge that causes acne and dirty cells.

Now as for my secret...

I'm not much different than you are. I get busy and lazy and fed up with always doing the 'right' thing. I don't want to worry all the time that I'm not eating perfectly or drinking enough water or all that other boring stuff. So I got help. It costs me about \$18 month and it keeps my blood, my cells and my skin in top shape.

I showcased it here where my friend Houa and I talk about cleaning your skin from the inside out. <http://www.controlmyacne.com/help/preventacne.htm>



But you can order the product directly by clicking on the jar above (I'm getting better at linking these things to make it easier on my readers these days!) For whatever reason, if that doesn't work, here's the actual page on the site - <http://zenmed.com/products/productdetails.html?id=2&a=4283> that link will take you right to my secret. The secret I use every day to get great looking skin, even when I don't have time to do everything right.

We'll talk again soon okay?

And I'll get busy writing you my next free booklet on great looking skin!

A handwritten signature in red ink that reads 'Elle'. The letters are cursive and fluid, with a large 'E' and 'l'.

[Stop in for acne treatments and tips.](#)