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Are You tired of Always Conducting Medical Tests or visiting the Dermatologists and Trying out several skin creams without any thing Being Diagnosed ? Then you need to keep reading... If you're TIRED of; □ Always experiencing gassing, Bloating □ Experiencing food allergies and sensitivity □ Recurring Unitary and Vagina Tract infection □ Mood swings and Irritability □ Sore throat, Allergies and Congestion □ Always experiencing an Unending cycle of Acne □ Dealing with eczema on your skin □ Having Hives and Rashes □ Dealing with Wrinkles on your skin □ Dark spots and Uneven skin patches Then you need to read these books. These 2-in-1 Book Bundle will show you how to Cure Candida, Leaky Gut, Skin issues, like Eczema, and Acne. The strategies you will be learning in these books will help you to be able to □ Gain a Radiant and Healthy Skin □ Have a Glowing and Youthful Skin □ Look like your Favorite Celebrity □ Balance your Gut □ Heal your Digestive Organs □ And recover your health and well-being. The GUT HEALTH PROTOCOL TO CURE LEAKY GUT, CANDIDA AND SKIN PROBLEMS (2 IN #1 BOOK BUNDLE) includes Gut Health Protocol to Cure Skin Problems ♥ The Number One Reason why You keep experiencing Eczema, Acne even after trying several Creams. ♥ How to Cleanse and Detox your Skin holistically from your Gut ♥ The One Thing you need to do to Get a Radiant skin and Cure Uneven Patches on your skin ♥ How you can Cure Acne without Rubbing OTC acne creams ♥ How you can Cure Eczema without Rubbing Hydrocortisone Creams Gut Health Protocol to Cure Leaky Gut and Candida ♥ The Number One Reason why You keep experiencing Food allergies, Food sensitivity, Bloating, Sinus Congestion, irregular Mood swings, and Irritability even after Numerous medical Tests done. ♥ How to Cure Food allergies, Food sensitivity, Bloating, Congestion, irregular Mood swings, and Irritability without

the Help of a DOCTOR. ♥ The One Thing you need to do to HEAL YOUR GUT and Regain Back your Gut. ♥ How you can Cure Food Allergies and Sensitivity without taking OTC Medications ♥ How you can Cure Mood Swings and Irritability without taking r OTC Medications ♥ How you can Cure Sinus Congestion without Using Nasal Drops and Sprays ♥ How you can Unitary and Vaginal tract Infections without taking OTC Medications So all you need to do to get this book is to click the ADD TO CART button and get your book instantly, or click on the buy with 1-CLICK BUTTON to start reading your book instantly. A truly resourceful and supporting workbook which will help you reach your health goals in a short space of time. A Must Have! Ask yourself this; did Acne Vulgaris exist in the times of our ancestors, centuries ago, or was it born in recent times? Where did it come from? How did we find ourselves diagnosed with it? Has it occurred to you that the foods that you consume on a daily basis directly affect your health? Would you like to know more about the one protocol that has worked for us, time and time again, in increasing our health to a point where "disease" can no longer exist? Through reversing our own chronic diseases and conditions - ranging from severe autoimmune, neurological, digestive - all the way to rare genetic conditions, we noticed a commonality during our healing journeys. We discovered a protocol that supercharged our health and subsequently worked well in the removal of any condition, disease, infection, abnormality, addiction, mental health condition - or any other label that you may come across. Through producing this series of information-assisted journals, our goal has been to reach you directly and share our experiences with you, with the aim of giving you hope. Regardless of what you have been diagnosed/labeled with - if applied correctly, you will experience significant positive changes. This journal has been broken down into two parts - the first part being information-based, and the second part being an assisted journal area for you to document, track and journal your personal daily progress, whilst being given helpful tips along the way. We didn't want to release just another "information overloaded" book which the reader does not benefit from or take action on immediately.

Through this interactive and simplified approach found within this series of journals, you will achieve your health goals effectively. Welcome to the world of improved health and healing. Good luck on your journey. Ask yourself this; did Acne Keloidalis exist in the times of our ancestors, centuries ago, or was it born in recent times? Where did it come from? How did we find ourselves diagnosed with it? Has it occurred to you that the foods that you consume on a daily basis directly affect your health? Would you like to know more about the one protocol that has worked for us, time and time again, in increasing our health to a point where "disease" can no longer exist? Through reversing our own chronic diseases and conditions - ranging from severe autoimmune, neurological, digestive - all the way to rare genetic conditions, we noticed a commonality during our healing journeys. We discovered a protocol that supercharged our health and subsequently worked well in the removal of any condition, disease, infection, abnormality, addiction, mental health condition - or any other label that you may come across. Through producing this series of information-assisted journals, our goal has been to reach you directly and share our experiences with you, with the aim of giving you hope. Regardless of what you have been diagnosed/labeled with - if applied correctly, you will experience significant positive changes. This journal has been broken down into two parts - the first part being information-based, and the second part being an assisted journal area for you to document, track and journal your personal daily progress, whilst being given helpful tips along the way. We didn't want to release just another "information overloaded" book which the reader does not benefit from or take action on immediately. Through this interactive and simplified approach found within this series of journals, you will achieve your health goals effectively. Welcome to the world of improved health and healing. Good luck on your journey. After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing ourselves and reversing our very own conditions. Within our group, we were suffering from a range of diverse diseases and conditions, including Heart Disease, Kidney Disease, Diabetes, a variety of

Autoimmune Diseases and Leaky Gut. During our healing journeys, we formed a journal that we would use on a daily basis, and this helped us to incorporate all of the lessons and tips that we had learnt and refined along the way - in short, it acted as a check list. It was important to us to not miss out on any knowledge and practices that had served us well. This journal is designed to guide and support you through your own journey with the core healing protocols included within its theme. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acne Aestivalis, or any other condition, the same protocol that we used applies. However, dependant on the severity of your Acne Aestivalis, you may need to follow the protocols for longer, using specific herbs in order to achieve positive results, but you can make your own adjustments as you learn more. The great news is that all information and resources are readily available for personal study and application. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. With this journal and your newly acquired knowledge, we trust that you will also soon start to experience the positive results that we did, along with the many others that send us regular positive feedback. We wish you all the best. The Health Formation Team After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing ourselves and reversing our very own conditions. Within our group, we were suffering from a range of diverse diseases and conditions, including Heart Disease, Kidney Disease, Diabetes, a variety of Autoimmune Diseases and Leaky Gut. During our healing journeys, we formed a journal that we would use on a daily basis, and this helped us to incorporate all of the lessons and tips that we had learnt and refined along the way - in short, it acted as a check list. It was important to us to not miss out on any knowledge and practices that had served us well. This journal is designed to guide and support you through your own journey with the core healing protocols included within its theme. One of the key conclusions that we reached

through our individual journeys was that whether you are a sufferer of Acne Simplex, or any other condition, the same protocol that we used applies. However, dependant on the severity of your Acne Simplex, you may need to follow the protocols for longer, using specific herbs in order to achieve positive results, but you can make your own adjustments as you learn more. The great news is that all information and resources are readily available for personal study and application. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. With this journal and your newly acquired knowledge, we trust that you will also soon start to experience the positive results that we did, along with the many others that send us regular positive feedback. We wish you all the best. The Health Formation Team After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing ourselves and reversing our very own conditions. Within our group, we were suffering from a range of diverse diseases and conditions, including Heart Disease, Kidney Disease, Diabetes, a variety of Autoimmune Diseases and Leaky Gut. During our healing journeys, we formed a journal that we would use on a daily basis, and this helped us to incorporate all of the lessons and tips that we had learnt and refined along the way - in short, it acted as a check list. It was important to us to not miss out on any knowledge and practices that had served us well. This journal is designed to guide and support you through your own journey with the core healing protocols included within its theme. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acne Vermoulante, or any other condition, the same protocol that we used applies. However, dependant on the severity of your Acne Vermoulante, you may need to follow the protocols for longer, using specific herbs in order to achieve positive results, but you can make your own adjustments as you learn more. The great news is that all information and resources are readily available for personal study and application. Dr Arnold Ehret's books

can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. With this journal and your newly acquired knowledge, we trust that you will also soon start to experience the positive results that we did, along with the many others that send us regular positive feedback. We wish you all the best. The Health Formation Team Principles of Skin Care is a practical, evidence-based guide to the principles of skin management and skin health. Broader than a dermatology book, this text focuses on the generic components of helping patients with skin conditions and exploring the underlying evidence base. It provides practitioners with the skills and information needed to become competent in caring for the skin, preventing skin breakdown, managing patients with common skin conditions and helping patients cope with the psychological impact of skin problems. Divided into two sections, the book first takes a look at the fundamental principles of skin management, addressing the core nursing issues relevant across the board of dermatological care. The second section covers the dermatological conditions most commonly seen in practice, including psoriasis, eczema, and acne. It also explores the principles of illness management, describing disease processes and enabling health care practitioners to work effectively with patients to choose the best treatment available for their condition. Key features Explores the essential principles of skin care and their application to clinical management Written by renowned experts in the field Full colour illustrations throughout Evidence-based with extensive referencing A truly resourceful and supporting workbook which will help you reach your health goals in a short space of time. A Must Have! Suffering from a variety of conditions, we formed a small group of individuals that were also struggling, and we helped each other remain accountable as we healed ourselves naturally. How did we do this? We researched tirelessly and tried multiple different methods until we finally started seeing results through the use of protocols taught by legendary healers, Dr Arnold Ehret and Dr Robert Morse. Note: all information and

resources are readily available for personal study and application, online. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. Familiarise yourself with their teachings and protocols and move forward as you put this journal to use. Throughout our healing journeys, we found the process of recording our progress to be of great help. Our journals also helped us in note-taking of anything that we found useful, along with any tips and hacks that we came across. We felt inspired to create a personalised 30 day journal for your condition encouraging you to track your thoughts, feelings, progress and knowledge as you enjoy success and fulfillment on your journey of self healing. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acne Necrotica, or any other condition, the same protocol that we used to heal will apply to you. However, dependant on the severity and time endured, you may need to follow the protocols for longer, using specific herbs (and glandulars) in order to achieve positive results, but you can make your own adjustments as you learn more. Equipped with the information found on this page, we trust that you will benefit greatly from this journal and reach your goals. Use it to keep yourself accountable, use it for noting down useful information that you discover, whilst recording the raw vegan foods (fruit, vegetables, herbs) that you eat and juice. Record daily routines such as time spent fasting, time spent eating, water consumed, sauna or lymph moving exercises performed, and anything else that you find to be supportive. You will never miss a moment now and remain focused on your goals. We wish you all the best. The Health Formation Team After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing ourselves and reversing our very own conditions. Within our group, we were suffering from a range of diverse diseases and conditions, including Heart Disease, Kidney Disease, Diabetes, a variety of Autoimmune Diseases and Leaky Gut. During our healing journeys, we formed a journal that we would use on a daily

basis, and this helped us to incorporate all of the lessons and tips that we had learnt and refined along the way - in short, it acted as a check list. It was important to us to not miss out on any knowledge and practices that had served us well. This journal is designed to guide and support you through your own journey with the core healing protocols included within its theme. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acne Mechanica, or any other condition, the same protocol that we used applies. However, dependant on the severity of your Acne Mechanica, you may need to follow the protocols for longer, using specific herbs in order to achieve positive results, but you can make your own adjustments as you learn more. The great news is that all information and resources are readily available for personal study and application. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. With this journal and your newly acquired knowledge, we trust that you will also soon start to experience the positive results that we did, along with the many others that send us regular positive feedback. We wish you all the best. The Health Formation Team After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing ourselves and reversing our very own conditions. Within our group, we were suffering from a range of diverse diseases and conditions, including Heart Disease, Kidney Disease, Diabetes, a variety of Autoimmune Diseases and Leaky Gut. During our healing journeys, we formed a journal that we would use on a daily basis, and this helped us to incorporate all of the lessons and tips that we had learnt and refined along the way - in short, it acted as a check list. It was important to us to not miss out on any knowledge and practices that had served us well. This journal is designed to guide and support you through your own journey with the core healing protocols included within its theme. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acne Cosmetica, or any other condition, the same

protocol that we used applies. However, dependant on the severity of your Acne Cosmetica, you may need to follow the protocols for longer, using specific herbs in order to achieve positive results, but you can make your own adjustments as you learn more. The great news is that all information and resources are readily available for personal study and application. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. With this journal and your newly acquired knowledge, we trust that you will also soon start to experience the positive results that we did, along with the many others that send us regular positive feedback. We wish you all the best. The Health Formation Team

Ask yourself this; did Acne Necrotica exist in the times of our ancestors, centuries ago, or was it born in recent times? Where did it come from? How did we find ourselves diagnosed with it? Has it occurred to you that the foods that you consume on a daily basis directly affect your health? Would you like to know more about the one protocol that has worked for us, time and time again, in increasing our health to a point where "disease" can no longer exist? Through reversing our own chronic diseases and conditions - ranging from severe autoimmune, neurological, digestive - all the way to rare genetic conditions, we noticed a commonality during our healing journeys. We discovered a protocol that supercharged our health and subsequently worked well in the removal of any condition, disease, infection, abnormality, addiction, mental health condition - or any other label that you may come across. Through producing this series of information-assisted journals, our goal has been to reach you directly and share our experiences with you, with the aim of giving you hope. Regardless of what you have been diagnosed/labeled with - if applied correctly, you will experience significant positive changes. This journal has been broken down into two parts - the first part being information-based, and the second part being an assisted journal area for you to document, track and journal your personal daily progress, whilst being given helpful tips along the way. We didn't want to release just another "information

overloaded" book which the reader does not benefit from or take action on immediately. Through this interactive and simplified approach found within this series of journals, you will achieve your health goals effectively. Welcome to the world of improved health and healing. Good luck on your journey. Ask yourself this; did Acne Rosacea exist in the times of our ancestors, centuries ago, or was it born in recent times? Where did it come from? How did we find ourselves diagnosed with it? Has it occurred to you that the foods that you consume on a daily basis directly affect your health? Would you like to know more about the one protocol that has worked for us, time and time again, in increasing our health to a point where "disease" can no longer exist? Through reversing our own chronic diseases and conditions - ranging from severe autoimmune, neurological, digestive - all the way to rare genetic conditions, we noticed a commonality during our healing journeys. We discovered a protocol that supercharged our health and subsequently worked well in the removal of any condition, disease, infection, abnormality, addiction, mental health condition - or any other label that you may come across. Through producing this series of information-assisted journals, our goal has been to reach you directly and share our experiences with you, with the aim of giving you hope. Regardless of what you have been diagnosed/labeled with - if applied correctly, you will experience significant positive changes. This journal has been broken down into two parts - the first part being information-based, and the second part being an assisted journal area for you to document, track and journal your personal daily progress, whilst being given helpful tips along the way. We didn't want to release just another "information overloaded" book which the reader does not benefit from or take action on immediately. Through this interactive and simplified approach found within this series of journals, you will achieve your health goals effectively. Welcome to the world of improved health and healing. Good luck on your journey. h Are You tired of Always visiting the Dermatologists or Trying out several skin creams? Then you need to keep reading... If you're TIRED of; Always experiencing an Unending cycle of Acne Dealing with eczema on your skin Having

Hives and Rashes □ Dealing with Wrinkles on your skin □ Dark spots and Uneven skin patches Then it means that you have an unhealthy gut and you need to READ this book. This book is meant to show you how to cure all those things mentioned above through your gut. If you're suffering from any of the above symptoms and you've been to several dermatologists with all your hopes dashed, then you're in the right place. I'm not a dermatologists or skin expert by profession, but I struggled with Acne and Eczema for 5 years. I've visited several Skin Experts without any hope. Not only that, I've tried several Acne removal cream, and Eczema that didn't work... ..It wasn't until I discover the secret to detoxing and cleansing my gut, that I was able to get a Radiant and Glowing skin. This book is packed with tips and secrets on how to heal your skin holistically from your gut. Why this book? Now there are many books written by professional Skin Experts on how to heal your gut, but most of them don't tell you to eliminate Gluten and eat Plant based foods but they don't tell you how to Cure Acne and Eczema from your Gut. This book is different because I share the Tips and Secrets that I learned after dealing with skin Issues, Rosacea, Acne and Eczema for Decades. If you're struggling with Eczema, Hives, Rashes, Psoriasis, and Rosacea, uneven skin patches and have tried everything in the past and given up, then you need to should consider Healing your Gut. The strategies you will be learning in this book will help you to be able to □ Gain a Radiant and Healthy Skin □ Have a Glowing and Youthful Skin □ Look like your Favorite Celebrity In this book, GUT HEALTH PROTOCOL TO CURE SKIN PROBLEMS, you will DISCOVER, ♥ The Number One Reason why You keep experiencing Eczema, Acne even after trying several Creams. ♥ How to Cleanse and Detox your Skin holistically from your Gut ♥ The One Thing you need to do to Get a Radiant skin and Cure Uneven Patches on your skin ♥ How you can Cure Acne without Rubbing OTC acne creams ♥ How you can Cure Eczema without Rubbing Hydrocortisone Creams Now, note that this book isn't jam-packed with CRAZY and EXPENSIVE Creams and Skin Treatments. Instead it's packed with PRACTICAL SECRETS AND TIPS to help you get a Radiant and a Glowing skin naturally. There is no complicated

advice in this book. All the process in this book are easy to follow. So all you need to do to Get a Radiant and Glowing Skin is to click the ADD TO CART button and get your book instantly, or click on the buy with 1-CLICK BUTTON to start reading your book instantly After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing ourselves and reversing our very own conditions. Within our group, we were suffering from a range of diverse diseases and conditions, including Heart Disease, Kidney Disease, Diabetes, a variety of Autoimmune Diseases and Leaky Gut. During our healing journeys, we formed a journal that we would use on a daily basis, and this helped us to incorporate all of the lessons and tips that we had learnt and refined along the way - in short, it acted as a check list. It was important to us to not miss out on any knowledge and practices that had served us well. This journal is designed to guide and support you through your own journey with the core healing protocols included within its theme. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acne Rosacea, or any other condition, the same protocol that we used applies. However, dependant on the severity of your Acne Rosacea, you may need to follow the protocols for longer, using specific herbs in order to achieve positive results, but you can make your own adjustments as you learn more. The great news is that all information and resources are readily available for personal study and application. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. With this journal and your newly acquired knowledge, we trust that you will also soon start to experience the positive results that we did, along with the many others that send us regular positive feedback. We wish you all the best. The Health Formation Team After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing ourselves and reversing our very own conditions. Within our group, we were suffering from a range of diverse diseases and conditions, including Heart

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addiction, mental health condition - or any other label that you may come across. Through producing this series of information-assisted journals, our goal has been to reach you directly and share our experiences with you, with the aim of giving you hope. Regardless of what you have been diagnosed/labeled with - if applied correctly, you will experience significant positive changes. This journal has been broken down into two parts - the first part being information-based, and the second part being an assisted journal area for you to document, track and journal your personal daily progress, whilst being given helpful tips along the way. We didn't want to release just another "information overloaded" book which the reader does not benefit from or take action on immediately. Through this interactive and simplified approach found within this series of journals, you will achieve your health goals effectively. Welcome to the world of improved health and healing. Good luck on your journey. Suffering from a variety of conditions, we formed a small group of individuals that were also struggling, and we helped each other remain accountable as we healed ourselves naturally. How did we do this? We researched tirelessly and tried multiple different methods until we finally started seeing results through the use of protocols taught by legendary healers, Dr Arnold Ehret and Dr Robert Morse. Note: all information and resources are readily available for personal study and application, online. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. Familiarise yourself with their teachings and protocols and move forward as you put this journal to use. Throughout our healing journeys, we found the process of recording our progress to be of great help. Our journals also helped us in note-taking of anything that we found useful, along with any tips and hacks that we came across. We felt inspired to create a personalised 30 day journal for your condition encouraging you to track your thoughts, feelings, progress and knowledge as you enjoy success and fulfillment on your journey of self healing. One of the key conclusions that we reached through our individual journeys was that whether you are a

sufferer of Acne Rosacea, or any other condition, the same protocol that we used to heal will apply to you. However, dependant on the severity and time endured, you may need to follow the protocols for longer, using specific herbs (and glandulars) in order to achieve positive results, but you can make your own adjustments as you learn more. Equipped with the information found on this page, we trust that you will benefit greatly from this journal and reach your goals. Use it to keep yourself accountable, use it for noting down useful information that you discover, whilst recording the raw vegan foods (fruit, vegetables, herbs) that you eat and juice. Record daily routines such as time spent fasting, time spent eating, water consumed, sauna or lymph moving exercises performed, and anything else that you find to be supportive. You will never miss a moment now and remain focused on your goals. We wish you all the best. The Health Formation Team "A serious and important contribution to the whole food, plant-based world. . . Not infrequently I get asked about this diet for skin conditions-now I have a great reference to pass on to people."- T. Colin Campbell, co-author of The China Study From YouTube stars Nina and Randa Nelson comes the doctor-approved, clinically-tested, low-fat vegan diet that instantly and dramatically transformed their skin. Over \$3 billion dollars is spent treating acne every year. But YouTube celebrities Nina and Randa Nelson have found a solution that is easy, affordable, and as close as your local grocery store. Based on solid nutritional science, vetted by top nutrition experts, and proven by the authors' experiences and now so many others, The Clear Skin Diet will help you clear your skin for good. This is it: a six-week plan to take control of skin issues using the simple principles of a low-fat vegan diet, foods such as potatoes, pasta, rice, corn, beans, oatmeal and whole grains. Complete with detailed grocery lists, simple meal prep strategies, and delicious recipes using affordable, familiar ingredients, The Clear Skin Diet is an accessible guide to curing acne that will give readers, whether 13 or 43 years old, the confidence to start living life again. After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing

ourselves and reversing our very own conditions. Within our group, we were suffering from a range of diverse diseases and conditions, including Heart Disease, Kidney Disease, Diabetes, a variety of Autoimmune Diseases and Leaky Gut. During our healing journeys, we formed a journal that we would use on a daily basis, and this helped us to incorporate all of the lessons and tips that we had learnt and refined along the way - in short, it acted as a check list. It was important to us to not miss out on any knowledge and practices that had served us well. This journal is designed to guide and support you through your own journey with the core healing protocols included within its theme. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acne Conglobata, or any other condition, the same protocol that we used applies. However, dependant on the severity of your Acne Conglobata, you may need to follow the protocols for longer, using specific herbs in order to achieve positive results, but you can make your own adjustments as you learn more. The great news is that all information and resources are readily available for personal study and application. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. With this journal and your newly acquired knowledge, we trust that you will also soon start to experience the positive results that we did, along with the many others that send us regular positive feedback. We wish you all the best. The Health Formation Team Suffering from a variety of conditions, we formed a small group of individuals that were also struggling, and we helped each other remain accountable as we healed ourselves naturally. How did we do this? We researched tirelessly and tried multiple different methods until we finally started seeing results through the use of protocols taught by legendary healers, Dr Arnold Ehret and Dr Robert Morse. Note: all information and resources are readily available for personal study and application, online. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched

through by keywords via the search bar. Familiarise yourself with their teachings and protocols and move forward as you put this journal to use. Throughout our healing journeys, we found the process of recording our progress to be of great help. Our journals also helped us in note-taking of anything that we found useful, along with any tips and hacks that we came across. We felt inspired to create a personalised 30 day journal for your condition encouraging you to track your thoughts, feelings, progress and knowledge as you enjoy success and fulfillment on your journey of self healing. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acne, or any other condition, the same protocol that we used to heal will apply to you. However, dependant on the severity and time endured, you may need to follow the protocols for longer, using specific herbs (and glandulars) in order to achieve positive results, but you can make your own adjustments as you learn more. Equipped with the information found on this page, we trust that you will benefit greatly from this journal and reach your goals. Use it to keep yourself accountable, use it for noting down useful information that you discover, whilst recording the raw vegan foods (fruit, vegetables, herbs) that you eat and juice. Record daily routines such as time spent fasting, time spent eating, water consumed, sauna or lymph moving exercises performed, and anything else that you find to be supportive. You will never miss a moment now and remain focused on your goals. We wish you all the best. The Health Formation Team After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing ourselves and reversing our very own conditions. Within our group, we were suffering from a range of diverse diseases and conditions, including Heart Disease, Kidney Disease, Diabetes, a variety of Autoimmune Diseases and Leaky Gut. During our healing journeys, we formed a journal that we would use on a daily basis, and this helped us to incorporate all of the lessons and tips that we had learnt and refined along the way - in short, it acted as a check list. It was important to us to not miss out on any knowledge and practices that had served us well. This journal is designed

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resources are readily available for personal study and application. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. With this journal and your newly acquired knowledge, we trust that you will also soon start to experience the positive results that we did, along with the many others that send us regular positive feedback. We wish you all the best. The Health Formation Team Suffering from a variety of conditions, we formed a small group of individuals that were also struggling, and we helped each other remain accountable as we healed ourselves naturally. How did we do this? We researched tirelessly and tried multiple different methods until we finally started seeing results through the use of protocols taught by legendary healers, Dr Arnold Ehret and Dr Robert Morse. Note: all information and resources are readily available for personal study and application, online. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. Familiarise yourself with their teachings and protocols and move forward as you put this journal to use. Throughout our healing journeys, we found the process of recording our progress to be of great help. Our journals also helped us in note-taking of anything that we found useful, along with any tips and hacks that we came across. We felt inspired to create a personalised 30 day journal for your condition encouraging you to track your thoughts, feelings, progress and knowledge as you enjoy success and fulfillment on your journey of self healing. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acne Aestivalis, or any other condition, the same protocol that we used to heal will apply to you. However, dependant on the severity and time endured, you may need to follow the protocols for longer, using specific herbs (and glandulars) in order to achieve positive results, but you can make your own adjustments as you learn more. Equipped with the information found on this page, we trust that you will benefit greatly from this journal and

reach your goals. Use it to keep yourself accountable, use it for noting down useful information that you discover, whilst recording the raw vegan foods (fruit, vegetables, herbs) that you eat and juice. Record daily routines such as time spent fasting, time spent eating, water consumed, sauna or lymph moving exercises performed, and anything else that you find to be supportive. You will never miss a moment now and remain focused on your goals. We wish you all the best. The Health Formation Team An investigation into the root cause of the modern acne epidemic--fluoride--and how to remove it from your diet and lifestyle for clear, healthy skin • Chronicles the existing acne research to reveal fluoride was behind the rise of teenage acne in the mid-20th century and the dramatic increase in adult acne today • Details how to avoid fluoridated foods and beverages as well as other common sources of fluoride, such as pesticides, pharmaceuticals, and household products • Explains how to displace fluoride stored in your bones and other tissues through nutrition and the careful use of iodine According to a recent study, over 20 percent of men and 35 percent of women experience acne after the age of 30. At the same time, remote indigenous societies--such as the Inuit before they "moved to town" in the 1960s--experience no acne at all, even among their teenagers. Many things have been cited as causing acne, from sugar, chocolate, or pizza to dirty pillowcases, hormones, or genetics, but none of these "causes" have been able to explain the majority of acne cases, nor why chronic acne is on the rise. Using her FBI intelligence analyst skills, Melissa Gallico identifies fluoride as the root cause of the modern acne epidemic. Chronicling the existing acne research, she reveals where each study went wrong and what they missed. She shares her personal 20-year struggle with severe cystic acne not only on her face, but on her neck, chest, back, and even inside her ears. She explains how her travels around the world and her intelligence work helped her pinpoint exactly what was causing her treatment-resistant flare-ups--fluoridated water, foods, dental products, and the systemic build-up of childhood fluoride treatments. She details how to avoid fluoridated foods and beverages and explains how sources of fluoride work their way

deeply into our daily lives through water as well as fluoride-based pesticides, pharmaceuticals, and common household products. The author exposes the corrupt science used to convince people of fluoride's health benefits and examines the systemic toxicity of fluoride, including its anti-thyroid and neurotoxin effects, how it remains in the body for years, and how it can cause the symptoms of illnesses, such as arthritis, fibromyalgia, and depression. She explains how to displace fluoride stored in your bones and tissues through nutrition and the careful use of iodine. Offering a guide to freeing yourself from persistent adult acne, Gallico shows that it is possible to heal your skin even when dermatologists and their prescriptions have failed. For decades, dermatologists have perpetuated a dangerous myth: that diet and nutrition have nothing to do with acne. Meanwhile, nearly half of all American adults continue to struggle with acne despite spending billions of dollars on acne products each year. Do you find yourself still struggling with acne despite spending hundreds of dollars on cleansers and creams? Do you find that some products seem to work for a while, only to find your acne coming back stronger than ever? You're not alone. The truth is, acne products don't fix the underlying root causes of acne, they only cover up the symptoms. In *Unmasking Acne*, author Sam Wood utilizes the latest research in dermatology, biology, and nutritional science to uncover the real root causes behind acne, not just the surface-level symptoms. Discover how hormones, inflammation, and the digestive system influence acne and what you can do to beat it for good. In *Unmasking Acne*, you'll learn everything you need to beat acne once and for all: The real root causes of acne Why acne products only make your skin worse in the long run The 3 most common dietary triggers of acne Over 100 different foods and drinks ranked for clear skin Meal timing and fasting strategies for clear skin Full guide to natural supplements for clear skin Natural skincare guide > 8+ actionable protocols: Carnivore, Plant-Based, Gut Health, Fungal Acne, and more Empower yourself with the knowledge to achieve clear skin from within using dietary, lifestyle, and supplement strategies that are backed by decades of clinical

research. If you're sick and tired of dealing with acne, look no further. *Unmasking Acne* is the definitive guide to permanently clear skin. This evidence-based practice change project focuses on the topic of the adult female with acne. The practice change project in its entirety and its implications for nursing practice will be discussed in this paper." -- from Introduction and Overview. Suffering from a variety of conditions, we formed a small group of individuals that were also struggling, and we helped each other remain accountable as we healed ourselves naturally. How did we do this? We researched tirelessly and tried multiple different methods until we finally started seeing results through the use of protocols taught by legendary healers, Dr Arnold Ehret and Dr Robert Morse. Note: all information and resources are readily available for personal study and application, online. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. Familiarise yourself with their teachings and protocols and move forward as you put this journal to use. Throughout our healing journeys, we found the process of recording our progress to be of great help. Our journals also helped us in note-taking of anything that we found useful, along with any tips and hacks that we came across. We felt inspired to create a personalised 30 day journal for your condition encouraging you to track your thoughts, feelings, progress and knowledge as you enjoy success and fulfillment on your journey of self healing. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acute Febrile Ulcerative Acne, or any other condition, the same protocol that we used to heal will apply to you. However, dependant on the severity and time endured, you may need to follow the protocols for longer, using specific herbs (and glandulars) in order to achieve positive results, but you can make your own adjustments as you learn more. Equipped with the information found on this page, we trust that you will benefit greatly from this journal and reach your goals. Use it to keep yourself accountable, use it for noting down useful information that you discover, whilst recording

the raw vegan foods (fruit, vegetables, herbs) that you eat and juice. Record daily routines such as time spent fasting, time spent eating, water consumed, sauna or lymph moving exercises performed, and anything else that you find to be supportive. You will never miss a moment now and remain focused on your goals. We wish you all the best. The Health Formation Team After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing ourselves and reversing our very own conditions. Within our group, we were suffering from a range of diverse diseases and conditions, including Heart Disease, Kidney Disease, Diabetes, a variety of Autoimmune Diseases and Leaky Gut. During our healing journeys, we formed a journal that we would use on a daily basis, and this helped us to incorporate all of the lessons and tips that we had learnt and refined along the way - in short, it acted as a check list. It was important to us to not miss out on any knowledge and practices that had served us well. This journal is designed to guide and support you through your own journey with the core healing protocols included within its theme. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Cosmetic Acne, or any other condition, the same protocol that we used applies. However, dependant on the severity of your Cosmetic Acne, you may need to follow the protocols for longer, using specific herbs in order to achieve positive results, but you can make your own adjustments as you learn more. The great news is that all information and resources are readily available for personal study and application. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. With this journal and your newly acquired knowledge, we trust that you will also soon start to experience the positive results that we did, along with the many others that send us regular positive feedback. We wish you all the best. The Health Formation Team After relentlessly studying the teachings of legendary healers, such as Dr Arnold Ehret and Dr Robert Morse, we set out on a journey of healing ourselves and

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that had served us well. This journal is designed to guide and support you through your own journey with the core healing protocols included within its theme. One of the key conclusions that we reached through our individual journeys was that whether you are a sufferer of Acne Vulgaris, or any other condition, the same protocol that we used applies. However, dependant on the severity of your Acne Vulgaris, you may need to follow the protocols for longer, using specific herbs in order to achieve positive results, but you can make your own adjustments as you learn more. The great news is that all information and resources are readily available for personal study and application. Dr Arnold Ehret's books can be downloaded freely if you search for "arnold ehret books pdf". Visit rawfigs.com for Dr Robert Morse videos which can be searched through by keywords via the search bar. With this journal and your newly acquired knowledge, we trust that you will also soon start to experience the positive results that we did, along with the many others that send us regular positive feedback. We wish you all the best. The Health Formation Team

Ask yourself this; did Acne exist in the times of our ancestors, centuries ago, or was it born in recent times? Where did it come from? How did we find ourselves diagnosed with it? Has it occurred to you that the foods that you consume on a daily basis directly affect your health? Would you like to know more about the one protocol that has

worked for us, time and time again, in increasing our health to a point where "disease" can no longer exist? Through reversing our own chronic diseases and conditions - ranging from severe autoimmune, neurological, digestive - all the way to rare genetic conditions, we noticed a commonality during our healing journeys. We discovered a protocol that supercharged our health and subsequently worked well in the removal of any condition, disease, infection, abnormality, addiction, mental health condition - or any other label that you may come across. Through producing this series of information-assisted journals, our goal has been to reach you directly and share our experiences with you, with the aim of giving you hope. Regardless of what you have been diagnosed/labeled with - if applied correctly, you will experience significant positive changes. This journal has been broken down into two parts - the first part being information-based, and the second part being an assisted journal area for you to document, track and journal your personal daily progress, whilst being given helpful tips along the way. We didn't want to release just another "information overloaded" book which the reader does not benefit from or take action on immediately. Through this interactive and simplified approach found within this series of journals, you will achieve your health goals effectively. Welcome to the world of improved health and healing. Good luck on your journey.