Thank you for downloading The Acne Project’s Lesson Guide, Daily Checklist & Calendar!

After you complete the lessons at www.TheAcneProject.com - everything in this guide will make sense.

If you have not yet completed the lessons - you may not understand some of the checklist steps- that’s OK - it will all become clear once you have completed the lessons in the LEARN, DIAGNOSE, TREATMENT, TOOLS AND SKILLS sections of The Acne Project.com website.

What to do now...

1. Do a quick scan of the lesson guide - to get an idea of what you will learn about your skin, acne and getting clear.

2. Review the Checklist...begin to visualize how the daily acne treatment routine will fit into your life.

3. Look at the Calendar. Take a photo of your skin. Write down a starting date.

4. Complete all the lessons on the website.

What to do once you understand your skin and how to fight acne...

1. Very closely look at your skin - what type of acne do you see?

2. Assemble the proper products and tools you’ll need to fight your acne.

2. Practice acne treatment skills on your skin.


4. “X” out the days on the calendar as you complete the daily checklist.

After three weeks (or less) you should see results.

If you have seen NO improvement in your acne after 3 weeks - then it’s time to analyze.

☐ Have you been consistently following the checklist?
☐ Have you been following your doctor’s treatment plan if you have one?
☐ Should you continue your existing treatment plan or modify it?
☐ Should you see your doctor once again?
At the six weeks mark - if you see no improvement in your skin, or if your acne is better but NOT QUITE healed all the way - take action!

If you have maximized the use of all available self-care products, and you are following the checklist - then it is very likely you have a more serious case of acne caused by multiple resistant strains, hormones or other medical factors.

Don't delay…

Seeing a doctor is essential!

Do not just settle with your acne and your skin - keep seeking the level of treatment that will work for you.

The acne causing bacteria in your dermis, or middle skin layer are likely very weakened from all of your daily treatment…

A jolt of prescription medicines or antibiotics may be just enough to finish them off.

But, don't rely ONLY on antibiotics - keep doing your daily routine!

At nine weeks you should be on a clear skin maintenance plan.

Please leave comments and help others along the way - everyone else should have clear healthy, acne-free skin too!

Kind Regards,

Brendon Amundson

Brendon Amundson
Team Lead - The Acne Project.com
EXTREMELY IMPORTANT KEY POINTS YOU MUST UNDERSTAND

1. CURING ACNE IS A “PROCESS”, NOT A PRODUCT - this means that a system of treatment will cure acne, we call that system an “acne treatment plan”. Just using a single product or two won’t cure acne. But the right products used in the right way - will cure acne.

2. USE BRAINS TO CURE ACNE - using the right products and treatment plan will force your skin to adapt and become acne resistant. Our acne treatment is dynamic - as your skin adapts and acne reduces the treatment will change and be fine-tuned. You must be aware of this, observant and properly react as your skin condition changes over time.

3. AVOID SKIN IRRITATION - skin with any kind of acne is diseased, damaged skin tissue and must be treated as if it is burned or injured. Reduce or avoid mechanical irritation (rubbing), and chemical irritation (over-washing, picking).

4. SKIN ADAPTS TO TREATMENT - just like how your skin adapts to the sun, your skin will adapt to the acne treatment medicines. When exposed to the sun over time your skin will tan or become darker (even non-Caucasians). But, if exposed too much for too long - your skin will burn - you’ll get a “sunburn”. To tan your skin must slowly get used to the sun. The same with acne treatment except instead of adapting to the sun’s radiation your skin is adapting to the chemicals in the acne medicines like Benzoyl Peroxide. As your skin adapts it becomes acne resistant so you must start with very small amounts and slowly increase the amounts over time. The acne medicines do other functions as well like clean out pores, reduce sebum and encourage exfoliation. The right acne medicines are multi-faceted which is why they have been chosen.

5. ACNE TARGETED NUTRITION - does not take away any food (unless you are allergic and find that any certain food is causing acne directly), it only adds to ensure you are getting the maximum amount of nutrition, vitamins, minerals and antioxidants to super-charge your immune system to fight acne causing bacteria in your skin layers, and give your body more than it needs to build acne resistant skin cells. The supplements work with your nutrition plan. Acne targeted nutrition and your topical skin surface treatment work together to squeeze out and conquer acne.
THE ACNE PROJECT - LESSON GUIDE

LEARN – LESSONS 1-20

Lesson 1 – Start Here-How To Cure Your Acne
Lesson 2 – Acne Treatment – Fast and Permanent
Lesson 4 – How Skin Works I How Acne Forms
Lesson 5 – Acne Bacteria I The Bacteria That Causes Acne
Lesson 6 – Bad Bacteria – How to Kill Acne’s Bad Bacteria
Lesson 7 – Types of Acne Pimples
Lesson 8 – Severe Acne Scale – How Severe Is Your Acne?
Lesson 9 – Acne Myths | What Does Not Cause Acne
Lesson 10 – Who Gets Acne?
Lesson 11 – Body Acne | Locations Of Acne On The Body
Lesson 12 – Acne Treatment Plan – Overview
Lesson 13 – Acne Diagnosis – How to Diagnose Your Acne
Lesson 14 – Acne Self Treatment – Your Own Treatment Plan
Lesson 15 – How To Prepare To See A Doctor About Acne
Lesson 16 – The Best Acne Products – The Tools To Cure Acne
Lesson 17 – Acne Treatment Skills | The Skills You Need To Treat And Cure Acne
Lesson 18 – Best Foods For Acne – To Complete Your Acne Treatment Plan
Lesson 19 – Track Acne, Scan Your Skin – Then Adjust Your Treat Acne Treatment
Lesson 20 – You Got Clear Skin! Now What? Stay Acne Free!

Supplemental topics are on the website
The Acne Project ~ Daily Routine & Checklist
(Do every day, strictly follow checklist, X-out each day on Calendar)

MORNING AFTER WAKING - SKIN SURFACE TREATMENT

☐ CHANGE out pillowcase (severe acne sufferers).
☐ WASH HANDS twice with soap - sink or shower.
☐ RINSE acne areas with warm water.
☐ SKIN SURFACE WASH - with approved soap - apply, let sit 10 seconds or less, no rubbing, rinse off. Repeat only if needed.
☐ DEEP PORE CLEANSE - Apply 2% Salicylic Acid cleanser, rinse off within 10 seconds.
☐ SHAVING - mix in hands equal parts of Jojoba Oil and Aloe Vera Gel apply to face or area to be shaved:
  - LATHER THEN PRESS to APPLY bar and/or liquid soap on top of Jojoba/Aloe Vera Gel mix.
  - SHAVE with the preferred razor - Gillet Pro-Fusion Power Vibrating Razor, or similar, or any very sharp, clean razor, rinse razor frequently.
  - DIP RAZOR in hydrogen peroxide or alcohol to sterilize, shake off excess, store to dry.
☐ PRE-MOISTURIZE if desired - mix equal parts of Jojoba Oil and Aloe Vera Gel in hands, apply to skin, very quickly rinse, then exit shower.
☐ DRY OFF - very gently press and lift off water with a very clean towel, do not rub skin - avoid skin irritation.
☐ BLACKHEAD REMOVER TOOL - Use comedo extractor tool to release blackheads and whiteheads, disinfect tool with rubbing alcohol.
☐ MEDICATED ACNE TREATMENT - apply 2.5% Benzoyl Peroxide Gel, start with tiny amounts then work up to full amount as skin adapts, apply very liberally but very gently to all areas with acne, let dry, towel off excess, wash hands to remove Benzoyl Peroxide.
☐ APPLY MOISTURIZER- mix equal parts Jojoba Oil and Aloe Vera Gel in hands then apply very gently, allow to absorb then re-apply as necessary, pat-off excess with cloth.
☐ PIMPLE SPOT TREATMENT - if needed dab on 10% Glycolic Acid to any specific problem pimples. Dab on Neosporin and Hydrocortisone as desired.
☐ PIMPLE CONCEALER - dab on pimple concealer if desired.
☐ PROTECT - apply oil-free, non-clogging sunscreen if needed.
☐ APPLY makeup only if desired, use only non-clogging, oil-free, non-comedogenic.

ACNE TARGETED NUTRITION & SUPPLEMENTS

☐ ANTIOXIDANT LOAD UP - Drink a Green or Dark Colored Smoothie and/or Glass of Pure Dark Juice (Cherry, Blueberry, Blackberry, Cranberry, etc. - all Non or Very Lightly Sweetened), Fresh-Made Fruit and/or Vegetable Juice, Eat Foods from the Super-Immunity Super-Foods List.
☐ SUPPLEMENT - L-Lycine, 500 – 1000 mgs, (Skin Health/Skin Immunity)
☐ SUPPLEMENT - Green Tea Extract - (Immune System/Antioxidant)
☐ SUPPLEMENT - Probiotic - All Natural Plain Yogurt, Greek Yogurt, Kefir, Or Supplement (Digestive Health)

☐ AVOID Foods and Drinks Containing The Four Enemies Of Skin Health:
  - Processed/Industrial Sugars
  - Processed/Industrial Oils
  - Processed/Industrial Wheat
  - Processed/Industrial Chemicals
The Acne Project ~ Daily Routine & Checklist
(Do every day, strictly follow checklist, X-out each day on Calendar)

THROUGHOUT YOUR DAY

☐ PREPARE AND TAKE an Acne Treatment Kit, small amounts of:
  - Hand Cleaner
  - Liquid Soap
  - Towelettes for drying skin
  - Pimple Spot Treatment - 10% Glycolic acid
  - Neosporin & Hydrocortisone
  - Pimple Concealer
  - Moisturizer - Jojoba Oil & Aloe Vera Gel mix
  - Disinfecting wipes for pre-cleaning objects that touch your face or acne areas

☐ MAINTAIN ACNE TARGETED NUTRITION & Anti-Oxidant Load Up.

☐ DISINFECT OBJECTS such as sports equipment, musical instruments, phones, etc., that touch your face or acne areas of skin.

☐ AVOID TOUCHING FACE or acne areas with un-washed hands (yours or others).

☐ MID-DAY WASH only if needed, avoid over washing skin, avoid irritation.

☐ RE-MOISTURIZE and PROTECT - when needed.

EVENING (12-14 Hours After Morning Wash)

☐ ANTIOXIDANT LOAD UP - Drink a green or very dark colored smoothie or glass of pure dark juice, or fresh made fruit and/or vegetable juice.

☐ EVENING SKIN SURFACE TREATMENT
  - WASH HANDS twice with soap - sink or shower.
  - RINSE SKIN - with warm water.
  - SKIN SURFACE WASH - lather up liquid or bar soap - apply for 10 seconds then rinse, repeat only if needed, do not over wash skin.
  - DEEP PORE CLEANSE - Apply 2% Salicylic Acid cleanser, rinse off within 10 seconds.
  - DRY - lifting water off skin with clean towel, do not rub, avoid irritation.
  - MEDICATED ACNE TREATMENT - gently apply Benzoyl Peroxide 2.5% Gel, start small work up to very generous amount as skin adapts, let dry, towel off excess, wash hands to remove Benzoyl Peroxide.
  - MOISTURIZE - apply as much Jojoba Oil and Aloe Vera Gel as needed, allow to absorb, re-apply as necessary, pat off excess with a cloth.
  - PIMPLE SPOT TREATMENT - dab on 10% Glycolic Acid to any problem pimples, dab on Neosporin & Hydrocortisone if needed.

☐ SLEEP on very clean pillow case, in very clean sheets and very clean night clothes (to avoid bacteria spread from night to night)

--CHECK LIST COMPLETE--

“Commit To Very Strictly Following This Checklist To Clear Acne Then To Maintain Clear Skin”

~Page 2~
### WEEK 1

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### THREE-WEEK ASSESSMENT

☑ Acne Better? Worse? Assess & modify - see a doctor if acne is non-responsive or not nearly clear.

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### SIX-WEEK ASSESSMENT

☑ Acne Better? or Worse? - Modify and adapt treatment to current skin condition

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SUPER-IMMUNITY & SUPER-FOODS LIST

TOP PRIORITY
• Blackberries
• Blueberries
• Raspberries
• Cherries
• Cranberries
• Spinach
• Carrots
• Lemon
• Oranges
• Garlic
• Cayenne pepper
• Thyme
• Plain natural yogurt or Kefir with active cultures/probiotics

HIGH PRIORITY
• Kale
• Collard greens
• Mustard greens
• Turnip greens
• Chard
• Watercress
• Brussels sprouts
• Bok choy
• Parsley
• Cilantro
• Arugula
• Cabbage
• Broccoli
• Cauliflower
• Romaine lettuce
• Green and red peppers
• Onions
• Leeks
• Cucumbers
• Bananas
• Strawberries
• Mushrooms
• Tomatoes and tomato products
• Pomegranates / pomegranate juice
• Grapes (dark colored)
• Papaya
• Pineapple
• Apples - organic
• Seeds: flax, sunflower, sesame, hemp, chia
• Red grapes
• Plums
• Beans (all varieties)
• Walnuts
• Pistachio nuts
• Peas
• Winter squash
• Green tea
• Nut milks (minimally processed, un-sweetened or light)
• Rosemary
• Cinnamon
• Ginger
• Clean water (infused with squeeze of lemon or citrus)
• Eggs - free range are best, (home grown even better)
• Grass-fed quality beef & bison
• Wild caught salmon
• Chicken breast and turkey breast, natural high quality, not processed
ACNE TREATMENT TOOLS

PRODUCTS NEEDED FOR THE ADVANCED ACNE TREATMENT PLAN

Full updated list at TheAcneProject.com Store

1. Bar Soap - pure natural – skin surface wash, our shaving oil system, Dr. Bronner’s
2. Liquid Soap – skin surface wash, our shaving oil system, Dr. Bronner’s
3. 2% Salicylic Acid Cleanser – skin deep-pore cleanser
4. Comedo Extractor Tool – for properly releasing blackheads and whiteheads
5. Isopropyl Alcohol – to sterilize the extractor tool and the razor
6. Gentle Washcloth – for skin surface wash and deep pore cleanse
7. 2.5% Benzoyl Peroxide Gel – for acne bacterial treatment, sebum control, skin cell adaption, skin deep-pore cleanse
8. Pure Jojoba Oil – our moisturizer system, our shaving oil system, protection, nourishment, lubrication
9. Pure Aloe Vera Gel – our moisturizer system, our shaving oil system, nourishment, protection
10. 10% Glycolic Acid – for spot treatment of pimples, anti-bacterial
11. Neosporin or antibiotic first aid gel – for spot treatment of acne sores, healing, protection
12. Hydrocortisone - anti itch, prevents scratching and picking at pimples
13. An acne treatment travel kit – treatment away from home, emergency acne treatment
14. Disinfectant wipes – disinfect items that come in contact with skin, hand wipes
15. Skin Lubrication – to prevent friction and skin irritation from sports and other equipment
16. Pimple Concealer - to hide problem pimples until healed
17. Makeup – appearance, self-image
18. Sunscreen – Non-oil, non-comedogenic – skin protection, healing
19. Razor – Gillette ProFusion Vibrating razor, or any very sharp razor – shaving, our shaving system
20. Optional – Your own preferred non-comedogenic moisturizer
21. Optional – Your own preferred gentle shaving cream
22. Supplement - Green Tea Extract
23. Supplement - L-Lycine, 500 - 1000 mgs
24. Supplement - Daily multi-vitamin
25. Supplement - Probiotic, digestive health
26. Ibuprofen - to ease pain and swelling of inflamed acne
27. Pillow Cases – white, to change out daily to avoid spread of skin bacteria
28. Camera – for before, during and after pictures of your skin, to show clear skin progress, doctor diagnosis if necessary
29. Treatment Plan, Calendar and Checklist – to track acne treatment progress
30. Optional – a commercial treatment system or set of products enhanced with our tools, skills and techniques
31. Pen – to record and check-off treatment days
32. Family support
33. Friends for support
34. Excellent attitude, motivation and a very positive self-image (extremely important)
35. A Doctor or Dermatologist – to provide a diagnosis and treatment plan if acne is non-responsive
36. Prescription medicines – if acne is non-responsive, or not quite healed – soaps, cleansers and treatment
37. Prescription antibiotics – if acne is non-responsive or not quite healed – topical and internal
38. Prescription hormones – if acne is non-responsive and hormone related
39. Light Therapy – Optional, targets skin bacteria
ACNE KILLER BREAKFAST #1 - SUPER-IMMUNITY OMLETÉ

SAUTÉ DICED -
• ONION
• GREEN, YELLOW, RED PEPPERS
• MUSHROOM
• CARROT
• BROCCOLI
• COOKED WILD SALMON OR CHICKEN BREAST

SAUTÉ IN OLIVE OIL AND/OR BUTTER
• ADD LARGE BUNCH OF FRESH TORN SPINACH

TOSS IN -
• FRESH GARLIC
• CAYENNE PEPPER
• THYME
• BLACK PEPPER

Beat two or three fresh eggs with a small amount of milk or water.
Pour eggs over the sautéed mix in the pan, scramble until lightly cooked.
Top with fresh salsa or warm marinara sauce if desired.
SERVE.

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ACNE KILLER BREAKFAST #2 - SUPER-ANTIOXIDANT OATMEAL

BOIL -
• 1/4 cup of Bob’s Red Mill Thick Cut Oatmeal in plenty of water for 5 minutes.
• Salt if desired.

Drain oatmeal through slotted spoon or sieve, pour oatmeal in bowl.

ADD -
• Natural plain yogurt, greek yogurt or kefir with active cultures and nothing else added
• Fresh or frozen blueberries
• Fresh or frozen blackberries
• Fresh or frozen cherries
• Spoon full of home-made only cranberry sauce
• Spoon of raw honey
• Few shakes of quality cinnamon

SERVE.
BRENNDON'S ELIXIR CHICKEN SOUP - TO HELP HEAL ACNE

My chicken soup recipe is deeply concentrated using nature's most intensely rich, flavorful and healthful ingredients. No watery soup here - this is a golden elixir that will help heal your acne, promote great skin, and help prevent colds and flu by boosting up your immune system with vitamins, minerals and plenty of antioxidants.

**INGREDIENTS**

2 whole chickens - (3 1/2 to 4 pounds each or so), as top-quality, organic and free range as possible. Included the necks and gizzards but not the liver, quartered, or cut into large pieces

2 pounds carrots - organic, washed, not peeled, cut into large chunks (yes, 2 pounds carrots, not two carrots)

2 large onions - cut into large pieces

5 ribs celery with leaves, 7 ribs if organic - cut into large chunks

2 large parsnips, cut into chunks

1 medium sweet potato - peeled, quartered

1 turnip - quartered

1 rutabaga - quartered

1 celery root - optional

1 green bell pepper - stemmed and seeded

1 yellow pepper - stemmed and seeded

1 orange pepper - stemmed and seeded

1/2 head of purple cabbage

2 large bunches of dill - chopped, about 1 1/2 cups

1/2 bunch parsley - coarsely chopped

3 cloves of garlic - or as much as you like

cayenne pepper to taste - towards end of cooking

fresh thyme to taste - towards end of cooking or as garnish

chopped dill - for serving

salt and pepper to taste

**DIRECTIONS**

1. Place chicken in a 16-quart stockpot and add water to barely cover. Bring just to boiling, then reduce heat to simmer covered until the chicken is just cooked, 50 - 70 minutes. Remove foam from the water that rises to the top. With tongs or slotted spoon remove chicken pieces, let cool, then remove skin and de-bone.

2. Strain the water the chicken was cooked in back into another 16-quart stockpot or back into the same pot.
3. Add all the vegetables. Ensure the water comes ONLY to about two thirds of the way up to the height of the vegetables in the pot. DO NOT add water to cover the vegetables. The vegetables will cook down. You want a highly concentrated elixir - not veggie tea. Cook until all vegetables are just done, about 45 minutes.

4. When done remove about half the carrots or so and reserve. Let soup cool to less than scalding. Add spices as desired. Use an immersion blender, blender, or food processor to turn the vegetables into a very thick soup. Remove water or remove enough of the fibrous vegetables to attain the desired consistency.

5. Add the chicken broken into desired bite-sized pieces, stir.

6. Refrigerate overnight.

7. Re-heat and serve with desired garnish, including cayenne pepper, thyme and dill. Slice up the reserved carrots and add them to the soup, serve.

8. Optional - garnish with low-fat natural organic yogurt or Greek yogurt, (ensure it contains probiotics)

**Shopping List for BRENDON’S ELIXIR CHICKEN SOUP**

- Chickens, 2 whole
- Carrots, 2 pounds organic
- Onions, 2 large
- Celery, organic
- Parsnips, 2
- Sweet Potato, 1
- Turnip, 1
- Rutabaga, 1
- Celery Root, 1 optional
- Green Bell Pepper, 1
- Yellow Pepper, 1
- Orange Pepper, 1
- Purple cabbage, 1/2
- Dill, fresh, optional
- Parsley, 1 bunch
- Garlic
- Cayenne pepper
- Thyme, fresh preferred
- Immersion Blender, blender or food processor
- 16 oz stockpot
- Tongs or slotted spoon