ACNE, THE SIGNAL OF YOUR HEALTH

- **Ears**
  - Kidneys
  - *Drink more water.
  - *Cut down on salt and caffeine.

- **Lower Forehead**
  - Heart.

- **Upper Forehead**
  - Digestive System and Bladder
  - More fruits, vegetables and water.

- **Between Eyebrows**
  - Liver
  - *Cut down rich foods and alcohol.

- **Lower Cheeks**
  - Gum and Teeth

- **Upper Cheeks**
  - Lungs
  - *Avoid smoking and dirty areas.

- **Side of Chin**
  - Hormonal Imbalance and Genitals Stress

- **Centre of Chin**
  - Small Intestines or Stomach
  - *Avoid poor diets, incorporate more fibre.

- **Nose**
  - Pancreas

- **Neck and Chest**
  - Stress, Illnesses or infections

---

**ACNE FACE MAP:**

1 & 2 - Digestive system.

3 - Liver and related issues.

4, 10, 6 & 8 - Kidney

5 & 9 - Respiratory problems

7 - blood pressure and stress related.

11, 12 & 13 - Hormonal factors

14 - Bacterial infection
Factors in Acne v2.0

- Dairy products
- Industrial vegetable oils, excessive nuts, or grain raised poultry in the diet
- "Leaky gut" caused by chronic stress and food sensitivity
- Dysbiosis (poor gut flora) and/or chronic GI infection
- Micronutrient deficiency (amino acids, minerals, vitamins)
- Grains and legumes
- Refined grains, refined sugars, and protein-rich dairy foods
- Lifestyle and/or "hidden" stress (such as food sensitivity)

Elevated calcium

Too much omega-6 fats and too little omega-3 fats

Impairment of zinc metabolism and/or zinc absorption

Excess inflammation through inflammatory factors such as IL-1 alpha and others.

Inhibition of ZAG, an enzyme that dissolves proteins holding skin cells together

Skin cells stick together

Inflammation of the comedo (blackhead) and surrounding tissue

Bacterial colonization and infection of the pimple

Blockage of the pore

Excessive production of skin oil

Acne

Elevated insulin

Novel lectins that destroy the gut immune barrier and enter the blood stream

Elevated IGF-1

Suppression of SHBG

Lowering of IGFBP-3, a hormone that promotes normal skin cell death

Cells (keratinocytes) fail to shed in a normal manner

Elevated blood concentrations of androgen hormones relative to other steroid hormones

Poor adrenal function
Where Your Acne Is And What It Looks Like Can Tell You What’s Causing It

Why is that you always tend break out in acne over and over again in the same areas of your face?
Why do you get cystic acne along your chin and jaw, but only blackheads and whiteheads on your forehead?
Why do you have acne even though your skin isn’t oily at all? Why are your cheeks a mess, but your T-zone is pristine?
It seems to be that where you get acne on your face, and what type of acne you get can give you some clues about what the root cause of it may be. If you know the root cause, you can treat your acne more effectively.
Keep an open mind about these things – none of them are 100% accurate, conclusive, or true for everyone. They’re just guidelines that may or may not be accurate for your particular case of acne. I hope you find them interesting and enlightening nonetheless!
Chinese Face Mapping
Now, in your travels around the internet looking for a cure for your acne, you may have already come across something called Chinese face mapping. Chinese face mapping is part of their ancient medicine system and is based on years of observation. It brings forth the idea that different parts of your face correspond to specific organs and body systems.
So checking out your problem areas could give you some clues to what the underlying imbalances are. This is an extremely popular concept right now amongst beauty gurus. And it
seems like everyone on the internet has already written about it, but of course, all the interpretations seem to be slightly different. I have noticed a trend though, and one that goes best with my experiences.
Example: chin and jawline = hormonal acne, forehead = digestion etc.
Acne vulgaris (or simply acne) is a long-term skin condition characterized by areas of blackheads, whiteheads, pimples, greasy skin, and possibly scarring. The resulting appearance may lead to anxiety, reduced self-esteem, and in extreme cases, depression or thoughts of suicide.

<table>
<thead>
<tr>
<th>Area of the Face</th>
<th>Possible Cause</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zones 1 &amp; 2 - Digestive system and Bladder</td>
<td>Step it up sister. Breakouts in these areas mean you may need to hydrate and improve your diet. Drink more water and incorporate fresh fruits and veggies in your meal plans. Problem area in this location may also indicate a food allergy.</td>
</tr>
<tr>
<td>Zone 3 - Liver</td>
<td>Slow down party girl. A breakout in this area means you may need to cut back on the cocktails and/or reduce your intake of dairy.</td>
</tr>
<tr>
<td>Zones 4 &amp; 10 and 6 &amp; 8 - Kidneys</td>
<td>Put down the mocha latte. If your ears (zones 4 &amp; 10) feel hot or swollen, the inflammation may be due to dehydration. Cut soda, caffeine, and alcohol. The same goes for dark circles found in zones 6 &amp; 8. Hydrate and catch some Zzz's.</td>
</tr>
<tr>
<td>Zones 5 &amp; 9 - Respiratory System</td>
<td>Be a quitter. If you're a smoker, you may notice increased breakouts and broken capillaries in these areas. Take control of your health and commit to quit. If you have allergies, you may experience frequent outbreaks in these zones as well. Acne in the lower part of your cheeks may also suggest dental issues like gingivitis.</td>
</tr>
<tr>
<td>Zone 7 - Heart</td>
<td>Chill Out. A breakout in this area can be directly related to blood pressure. Check yours and make adjustments to your lifestyle if needed.</td>
</tr>
<tr>
<td>Zone 12 - Stomach</td>
<td>Cleansing Queen. Your chin is linked to your small intestine so breakouts in this area may indicate a buildup of toxins or the need to incorporate more fiber in your diet.</td>
</tr>
<tr>
<td>Zone 11 &amp; 13 - Hormones</td>
<td>Get Zen. High stress and other hormonal changes can cause breakouts in this area. If symptoms don't ease up in a few days, perhaps it's time to make an appointment with your doctor to look into possible hormonal imbalances.</td>
</tr>
<tr>
<td>Zone 14 - Illness</td>
<td>Prepare for battle. A breakout in this area can signal your body is fighting off a bacterial infection. Drink plenty of fluids, get lots of rest, and load up on your vitamins.</td>
</tr>
</tbody>
</table>
Genetics is estimated to be the cause of 80% of cases. The role of diet as a cause is unclear. Neither cleanliness nor sunlight appear to be involved. However, cigarette smoking does increase the risk of developing acne and worsens its severity. Acne mostly affects skin with a greater number of oil glands including the face, upper part of the chest, and back. During puberty in both sexes, acne is often brought on by an increase in androgens such as testosterone. Excessive growth of the bacteria *Propionibacterium acnes*, which is normally present on the skin, is often involved.

<table>
<thead>
<tr>
<th>Root cause</th>
<th>Type of acne</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candida, fungus, yeast and mold</td>
<td>Very uneven skin tone, rash like pimples. The spots sit under the skin, are small and don't hurt. Occasionally they'll come to the surface but the heads are very small. The skin has a shine to it and is oilier than normal in problem areas. Most common part of the face affected is the T-Zone.</td>
</tr>
<tr>
<td>Congested liver</td>
<td>A lot of blackheads and clogged pores. Often dry skin. Breakouts appear anywhere on the face and easily come to the surface with a head. Surface pimples are very red and can be sore to touch.</td>
</tr>
<tr>
<td>Adult hormonal problems, including PCOS, PMT, menopause, childbirth, breastfeeding and estrogen dominance</td>
<td>Pimples more frequently sit under the skin and don’t always surface. The pimples are often cystic or “blind”, can be very painful and sometimes take weeks to heal. There aren't many blackheads or whiteheads and the amount of oil on the skin is irrelevant to the problem - you can still get this type of acne with very dry skin. Women often experience most of their acne along the jawline.</td>
</tr>
<tr>
<td>Cosmetic acne</td>
<td>The pores are very clogged with many whiteheads and blackheads. Breakouts are mild but frequent. There is no cystic acne. The pimples are small and often appear in clusters.</td>
</tr>
<tr>
<td>Puberty</td>
<td>Acne can range from mild to very severe. The skin is often oily. Pimples are usually very red and sit on the surface, but in severe cases there can be large cystic acne or pustules. It’s more common for boys to suffer from more severe types of acne than girls at this stage.</td>
</tr>
<tr>
<td>Stress</td>
<td>Acne can range from mild to severe depending on the amount of stress, but usually shows up as hormonal (see the hormonal acne box above).</td>
</tr>
<tr>
<td>Appearance</td>
<td>Possible Underlying Cause or Contributing Factors</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Red inflamed skin with breakouts</td>
<td>Systemically retained heat (toxicity) and inflammation within local tissues. Usually due to poor detoxification resulting in a build-up of waste materials. Red skin is generally an indication that detoxification and calming inflammation is required.</td>
</tr>
<tr>
<td>Painful, red cystic acne</td>
<td>Poor liver detoxification and lymphatic clearance.</td>
</tr>
<tr>
<td>Dry, blotchy or patchy red skin</td>
<td>Localised skin allergies.</td>
</tr>
<tr>
<td>Blemishes around the mouth and nose</td>
<td>Can indicate digestive system inflammation, food intolerances, stomach hypoactivity (low Hydrochloric Acid production in the stomach) and/or underactive liver function.</td>
</tr>
<tr>
<td>Painful red breakouts with or without oily skin</td>
<td>May indicate liver congestion. Skin may or may not be oily depending on the liver's ability to breakdown dietary fats. Ironically oily skin may indicate an imbalanced ration of good fats (essential fatty acids) to saturated (animal fats). Pimples or redness may also occur in a patch between the eyes.</td>
</tr>
<tr>
<td>Cystic acne may or may not be present</td>
<td></td>
</tr>
<tr>
<td>Rash like pimples and uneven skin tone</td>
<td>May indicate Candida, yeast infection or bowel dysbiosis. The pimples are generally small, don't hurt and tend not to break the skin. There may be concurrent rashes in warm areas of the body such as under the arms, the groin area, under breasts and feet.</td>
</tr>
<tr>
<td>Small lumps under the skin along the jaw-line</td>
<td>Lymphatic congestion and systemic toxicity are often indicated.</td>
</tr>
<tr>
<td>Cyclical breakouts most often along the jaw-line</td>
<td>Generally related to hormonal issues e.g. PCOS (polycystic ovarian syndrome), oestrogen and/or androgen dominance. Breakouts tend to arise or worsen at either ovulation or just prior to menstruation and sometimes both. There may be oily skin with an androgen dominance and sometimes chest or back acne. Generally takes a long time to heal (3-6 months). Chin hair growth may be seen in women with PCOS.</td>
</tr>
<tr>
<td>Congested skin, whiteheads or blackheads</td>
<td>May be the result of cosmetic or makeup use. Any breakouts are mild and tend to occur in patches e.g. nose, chin or forehead.</td>
</tr>
<tr>
<td>Breakouts around puberty</td>
<td>Skin is often oily with moderate to severe pustule breakouts. More common in teenage boys but also seen in girls, there may be chest or back acne. This may also be linked to hormonal changes and low zinc levels which is linked to slow skin healing.</td>
</tr>
<tr>
<td>Rash-like lumps predominantly located on the forehead</td>
<td>Stress is the predominant cause with this pattern. Breakouts in this location may also be a sign of dehydration. Stress can also make hormonal breakouts more severe.</td>
</tr>
<tr>
<td>Breakouts on the cheek area</td>
<td>While diet can and does affect all types of acne, breakouts on the cheeks in particular are often the result of a high fat and mucus forming diet (dairy, simple sugar and processed foods)</td>
</tr>
</tbody>
</table>
De-code your breakouts!

Did you know that breakouts on your face can be connected to problems in other parts of your body? Pretty awesome, right?? Follow this guide to de-code breakouts in basic areas!

1 & 2. Digestive System - Eat less processed food, reduce the amount of fat in your diet, step up water and opt for cooling treatments like cucumber.

3. Liver - Cut out alcohol, greasy food and dairy. This is the zone where food allergies show up first. Do 20 minutes of light exercise a day and get lots of sleep so your liver can rest.

4 & 5. Kidneys - any blemishes around the eye or dark circles point to dehydration, so drink up!

6. Heart - check your blood pressure and vitamin B intake. Decrease spicy foods, cut down on meat and get more fresh air. Replace bad fats with good fats such as Omega 3 and 6 found in avocados, nuts and fish. Also check that your makeup is not past it's use by date.

7 & 8. Kidneys again - drink up!

9 & 10. Respiratory system - Do you smoke? Have allergies? This is your problem area for both. If neither is your issue then don't let your body overheat. Eat more cooling foods, cut down on sugar and get more fresh air. Also keep the body more alkaline by eating foods that make the body acidic such as meat, dairy, sugar, alcohol, caffeine. Eat foods like green veges and wheatgrass drinks. Another thing, dirty cellphones, pillow cases are two top causes of acne breakouts in this area so keep them clean.

11 & 12 - Hormones - stress and hormonal changes can cause blemishes in this area. They are sometimes unavoidable so get more sleep, drink enough water, eat leafy veges and keep your skin clean.

13. Stomach - step up the fibre intake, reduce toxin overload and drink herbal tea which help with digestion.

14. Illness - Zits here can be an indication that your body is fighting bacteria to avoid illness. Give it a break, take a yoga class, take a nap, drink plenty of water and rest up!

**The Stages of Acne**

- **The normal pore**
  a) sebaceous glands
  b) sebum
  c) cells
  d) skin surface

- **Whitehead or closed comedo**
  A mass of dead skin cells and oil gushes, creating a small white bump under the skin.

- **Blackhead or open comedo**
  Trapped dead cells and oil create a plug that is visible at the skin's surface. Skin pigments create the dark color.

- **A pimple (papule)**
  When the follicle wall breaks, releasing cells, oil, and bacteria into the surrounding tissue, a pimple results. This causes inflammation, redness, and swelling.

The above was reproduced with permission from Neutrogena Corporation.

**Acne Facts**

**Will pimples go away faster if I squeeze them?**

Never pick or squeeze pimples as a way to remove them. All pimples, regardless of how large or small they are, can scar if they are picked. Picking pushes what is below the surface into the surrounding skin, rupturing the follicle walls and spreading the bacteria.

In more severe acne, a nodule may form, also increasing the potential for scarring.

**The Truth About Acne**

Here are some common myths you may have heard, and some real answers:

**MYTH:** "The sun is good for clearing acne."

**TRUTH:** While a little exposure may temporarily improve your acne condition, the risks outweigh any advantages. Too much sun can cause cancer and premature aging and wrinkling of the skin.

**MYTH:** "Blackheads are dirty."

**TRUTH:** Blackheads contain little, if any, dirt, and their presence has nothing to do with your cleansing habits.

**MYTH:** "Stay away from junk food."

**TRUTH:** There is no proof that "junk food" has anything to do with acne. But your skin depends on nutrients to maintain itself in good condition, so try to stay on a healthy, nutritious diet.

**MYTH:** "Just ignore it, it'll go away on its own."

**TRUTH:** Acne will most likely go away, but it may continue or even worsen into the adult years. Early treatment can prevent or minimize scarring.
Title:
ACNE VULGARIS

Part of the Following:
Large Scale Study of the Safety and Efficacy
of the SCIO Device
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This study was performed in the field by practicing Biofeedack technicians. Data was collected and the study supervised by the Ethics International Institutional Review Board of Romania. The Data analysis and study presentation is done By the The Centro Ricerche, University of Venice + Padova, Italy

Abstract:

This study demonstrates the safety and effective qualities of the SCIO device used in a large scale study. A large scale study of over 97,000 patients with over 275,000 patient visits reported their diseases. Many of them reported this disease. And the results of their therapy are reported in this study.

Home Remedies for Pimples

Make a paste with cinnamon and honey – 1/2 tsp of cinnamon and add to the honey. Mix to make a paste. Apply to the blemish and leave on for 20 minutes.

Neem Powder and Neem Oil

Lavender or Tea Tree Essential Oil

Apple Cider Vinegar

Rosewater

Nutmeg and Cloves

Clay Mask

Garlic

Aloe Vera

Lemon Juice

RawForBeauty.com
Introduction:

Over View:

This large scale research was designed to produce an extensive study of people with a wide variety of diseases to see who gets or feels better while using the SCIO for stress reduction and patient monitoring. The SCIO is an evoked potential Universal ElectroPhysiological Medical apparatus that gauges how an individual reacts to miscellaneous homeopathic substances. The device is registered in Europe, America, Canada, S Africa, Australia, S. America, Mexico and elsewhere. The traditional software is fully registered. Some additional functions were determined by the manufacturer to be worthy of evaluation. Thus a study was necessary to determine safety and efficacy. (As a result of these studies these additional functions are now registered within the EC)

An European ethics committee was officially registered and governmental permission attained to do the insignificant risk study. Qualified registered and or licensed Biofeedback therapists where enlisted to perform the study. Therapists were enrolled from all over the world including N. America, Europe, Africa, Australia, Asia, and S. America. They were trained in the aspects of the study and how to attain informed consent and transmit the results to the ethics committee or IRB (Institutional Review Board).

2,569 therapists enlisted in the study. There were 98,760 patients. 69% had more than one visit. 43% had over two visits. There were over 275,000 patient visits recorded. The therapists were trained and supervised by medical staff. They were to perform the SCIO therapy and analysis. They were to report any medical suspected or confirmed diagnosis. Therapists personnel are not to diagnose outside of the realm of their scope of practice. Then the therapist is to inquire on any reported changes during the meeting and on follow-ups any measured variations. It must be pointed out that the Therapists were free to do any additional therapies they wish such as homeopathy, nutrition, exercise, etc. Therapists were told to not recommend synthetic drugs. Thus the evaluation was not reduced to just the device but to the total effect of seeing a SCIO therapist.

Part 1. The emphasis was on substantiating safety followed by efficacy of the SCIO.
Part 2. Proving the efficacy of the SCIO on diseases (emphasis on degenerative disease)
Part 3. Proving the efficacy of the SCIO on the avant garde therapies of Complementary Med
Part 4. QQC standardization
Refer to a QBT Therapist near you or hire one to work in your office.

The Quantum Biofeedback Therapist reviews nutrition of lifestyle to educate the patient on safe effective natural means to help their patients to eat better, digest better, detox better. By balancing the stress induced sympathetic nervous system with the immuno-digest para sympathetic system to increase your patient’s wellness + vitality.
Methods and Materials:

SCIO Device:
The SCIO is an evoked potential Universal Electro-Physiological Medical device that measures how a person reacts to items. It is designed to measure reactions for allergy, homeopathy, nutrition, sarcodes, nosodes, vitamins, minerals, enzymes and many more items. Biofeedback is used for pre-diagnostic work and or therapy.

The QXCI software will allow the unconscious of the patient to guide to repair electrical and vibrational aberrations in your body. For complete functional details and pictures, see appendix.

Subspace Software:
The QXCI software is designed for electro-physiological connection to the patient to allow reactivity testing and rectification of subtle abnormalities of the body electric. If a patient is not available a subspace or distance healing link has been designed for subspace therapeutics. Many reports of the success of the subspace have been reported and thus the effectiveness and the safety of the subspace link is part of this test. Many companies have tried to copy the subspace of Prof. Nelson and their counterfeit attempts have ended in failure.

SOC Index:
The SCIO interview opens with a behavioral medicine interview. This is called the SOC Index. Named after the work of Samuel Hahneman the father of homeopathy, he said that the body heals itself with it’s innate knowledge. But the patient can suppress or obstruct the healing process with some behavior. Hahneman said that the worst way to interfere with the healing natural process was allopathy or synthetic drugs. Theses upset the natural healing process by unnatural intervention and regulation disturbance. Other ways to Suppress or Obstruct the Cure are smoking, mercury amalgams, stress, lack of water, exercise and many others. This behavioral survey then gives an index of SOC.

The scores relate to the risk of Suppression and Obstruction to the natural Cure. The higher the scores the more the Suppression and or Obstruction. The scores of 100 or lower are ideal. A copy of the SOC index questions appear in the appendix.

Study Technicians:
The study technicians were educated and supervised by medical officers. The study technicians were to execute the SCIO therapy and analysis. All were trained to the standards of the International Medical University of Natural Education. Therapists from all over the world including N. America, Europe, Africa, Australia, Asia, S. America and elsewhere were enlisted to perform the study according to the Helsinki study ethics regulations.

They were to chronicle any medical suspected or confirmed diagnosis. Therapists personnel are not to diagnose outside of the realm of their scope of practice. Then the study technician is to inquire on any disclosed observations during the test and on follow-ups report any measured changes.

To test the device as subspace against the placebo effect, two of the 2,500+ therapists were given placebo SCIO devices that were totally outwardly the same but were not functional. These two blind therapists were then assigned
35 patients each (only 63 showed). This was to assess the double blind factor of the placebo effect as compared to the device. Thus the studied groups were A. placebo group, B. subspace group, and C. attached harness group. Cross placebo group manipulation was used to further evaluate the effect.

**Important Questions**: these are the key questions of the study

1. Define Diseases or Patient Concerns
2. Percentage of Improvement in Symptoms
3. Percentage of Improvement in Feeling Better
4. Percentage of Improvement Measured
5. Percentage of Improvement in Stress Reduction
6. Percentage of Improvement in SOC Behavior
7. What Measured+How (relevant measures to the patient’s health situation)
8. If Patient worsened please describe in detail involving SOC_

After the patient visit is was complete the data was e-mailed to the Ethics Committee or IRB for storage and then analysis. This maneuver minimized the risk of data loss or tampering. Case studies were reported separately in the disease analysis.

**MEDICAL DETAILS**

This is a general term but is often used alone to indicate acne vulgaris. Acne is a chronic inflammatory disease of the sebaceous glands and hair follicles of the skin characterized by blackheads and pimples which usually occurs during adolescence. Cysts and nodules may develop and scarring is common. Avoid stress, chocolate, no sweets, pastries, greasy or highly seasoned foods or soda fountain drinks.

**Diagnostic Summary:**
Open comedones - dilated follicles with central dark, horny plugs (black heads)
Closed comedones - small follicular papules with (red papules) or without (whiteheads) inflammatory changes
Superficial pustules (collections of pus at follicular opening)
Nodules (tender collections of pus deep in dermis)
Cysts (from nodules that fail to discharge contents to surface)
Large deep pustules (from nodules that break down adjacent tissue leading to scars)

**Results:**

Before we review the direct disease improvement profiles, we need to review the overall results. The first most basic of question in the results is the basic feedback of the generic patient conditions.

1. Percentage of Improvement in Symptoms
2. Percentage of Improvement in Feeling Better
3. Percentage of Improvement Measured
4. Percentage of Improvement in Stress Reduction
5. Percentage of Improvement in SOC Behavior

The SOC index gives us great insight to this study. Each disease has a different
cut off where the ability of the SCIO to help was compromised. As a general index scores of 200 + where much less successful.

The Large scale study had over 98,000 patients and 275,000 patient visits we have direct evidence of the safety and efficacy. A placebo group was used for the large scale test to help validate the results.

**ACNE VULGARIS**

This disease group total number of patients was

**Subspace Treatment 1,239 patients, 594 SCIO Harness Patients**

**OVERALL ASSESSMENT**

**A. Subspace Treatment 2,566 patient visits**

There were 2 cases of patients who reported a negative Improvement. None of these cases reported any major difficulty.

There were

- 1,233 cases reporting no improvement of Symptoms, 48 % of Subgroup
- 7 cases reporting no improvement in feeling better, .003% of Subgroup
- 8 cases reporting no improvement in stress reduction .003% of Subgroup

3%--- Percentage of Improvement in Symptoms
34%--- Percentage of Improvement in Feeling Better
4%---Percentage of Improvement Measured
35%-- Percentage of Improvement in Stress Reduction
17%----Percentage of Improvement in SOC Behavior

**B. SCIO Harness Treatment 1,521 patient visits**

There were 0 cases of patients who reported a negative Improvement. None of these cases reported any major difficulty.

There were

- 762 cases reporting no improvement of Symptoms, 50 % of Subgroup
- 53 cases reporting no improvement in feeling better, .003% of Subgroup
- 2 cases reporting no improvement in stress reduction .000% of Subgroup

4%--- Percentage of Improvement in Symptoms
57%--- Percentage of Improvement in Feeling Better
5%---Percentage of Improvement Measured
55%-- Percentage of Improvement in Stress Reduction
21%----Percentage of Improvement in SOC Behavior
CASE STUDY REPORT CONDENSATION:

"I started with Acne, thyroid, candida, herpes and exhaustion. After a couple of treatments long distance I noticed more energy, no candida and less herpes breakouts. I love it. It has really helped my overall health. (Pasadena, CA)"

“1 month old Baby.
Baby was brought to an EPFX practitioner with “baby acne”, slightly mucousic eyes, fussy and a constant desire to nurse. The practitioner did a one-half hour session during which the baby slept soundly. The next day the mother called the practitioner and reported amazement that the acne had cleared up, eyes were bright, shiny and clear and Baby E was back on her 4 hour nursing schedule. The baby continued to be healthy and experience normal development. City Unknown”

USUAL or CUSTOMARY TREATMENT PLAN:
Blood Clenz; Anti_Stress; Essential Fatty Acids; Acne; Health and Beauty Poultice; Vitamin A; Vitamin C Liquescence; E_Z Calcium; Vitamin D; Blackheads, Suppurating spots _ HEPAR SULPHURIS or CARBO VEGETABILIS. Comedo _ BARYTA CARBONICA, SELENIUM, SUPHUR. Acne rosacea _ ANTIMONIUM CRUDUM and/or SULPHUR (high potency)
Therapeutic Considerations:
Sugar, Insulin, and Chromium: Dermatologists have reported of insulin being effective in the treatment of acne, suggesting impaired cutaneous glucose tolerance and/or insulin insensitivity.
Vitamin A: Retinols, including oral vitamin A, have been shown in many studies to reduce sebum production and the hyperkeratosis of sebaceous follicles. Retinol has been shown to be effective in treating acne when used at high, and potentially toxic, dosages, ie, 300 _ 400,000 IU per day for 5 _ 6 months.
Zinc: Zinc is vitally important in the treatment of acne. It is involved in local hormone activation, retinol_binding protein formation, wound healing, immune system activity, and tissue regeneration.
Vitamin E and Selenium: Serum vitamin A levels in rats on a vitamin E deficient diet remain low regardless of the amount of oral or intravenous vitamin A supplementation. Serum levels return to normal after vitamin E is restored to the diet. Vitamin E has been shown to regulate retinol levels in humans.
Human Sexuality is a Source of Stress, Tension and Disease. With new Quantum Biofeedback we are sensitive to these issues and we try to reduce the stressors and use as natural means possible. But when needed the medical supervision might need to use drugs and or surgery if needed and 'There is a Time for All Things under Heaven'

When Natural Medicines and Lifestyle Fail then use

Prescription Drugs
SCIO TREATMENT SUGGESTED

Color: lemon, yellow, orange, red
Magnetic Method: 1
Electromagnetic Frequency: 727,787, 880
Mora treatment for 5 min. once a week

Discussion:

The results show significant improvement in symptoms and feeling better. The Collective results show a dramatic benefit to the SCIO therapist visit.

--- BIBLIOGRAPHY ---

BOOKS


ARTICLES AND STUDIES

8. International Medical Journal of the Science of Homeopathy., *IMUNE PRESS*
**CLINICAL EVALUATION**

**EDUCTOR**

**measures**
- Volts and Oscillations (EMG, EEG)
- Amps and Oscillations (ECG)
- Resistance (GSR)
- Hydration
- Oxidation (Redox potential)
- Ph acid vs alkalinity
- Reactivity evoked potential to voltammetric fields of substances (TVEP) over 228,000 measures a second of these energetic factors

**treats**
- Brain wave and emotions with (MCES)
- Pain with (MENS) (TENS)
- Trauma or wounds (EWH)
- Electro Weakness Ph, Redox disorder (VARHOPE Correction)
- Trickle charge the body electric

---

If you need more information on the SCIO and purchase details, please get in touch with us:

- web: www.qxsubspace.com
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Clear Pimples and Acne, Clear Food Stagnation
Home Remedies For Acne

Acne is the only beauty trouble which can give nightmares to a growing adolescent girl as well as to a mature woman. If you too are sick and tired about the zits which keep springing on your cheeks and forehead quite often then these home remedies can help you say goodbye to those unruly zits. Here we present you some popular home based remedies for controlling acne.

HOME REMEDIES FOR ACNE

**Nutmeg**

Nutmeg is a spice which is generally used in curries and sweets in Asian countries. This
spice is a very effective remedy for controlling pimples too. Sprinkle some unboiled milk on a rugged but flat stone. Rub the whole nutmeg on this stone. Soon, you will find nutmeg paste forming on the stone. Collect this paste in a bowl. Apply this paste on cleaned face at bedtime. Wash off with plain water in the morning. If you feel dry, apply some water based moisturizer on your face.

**Cinnamon**

![Cinnamon](image)

**Cinnamon Reduce Acne**

Cinnamon is another spice which can help you remove pimples effectively. Take some cinnamon sticks and powder them in a grinder. At bed time, take some cinnamon powder and mix it with honey. Apply this paste on your pimples and leave overnight. Wash off with plain water in morning. Use this pack for 2 weeks for best results.

**Orange Peels Pack**

![Orange Peels](image)

**Orange Peels Pack Reduce Acne**

Orange peels also make an excellent home remedy for acne. Sun-dry some orange peels and grind them into fine powder. Store this powder in an air tight container. Mix some powder with plain water and make a fine paste. Apply this paste on your face and let it air dry. Wash off with plain water.
Mint Leaves

Mint leaves work as great astringent on face and tames the sebaceous glands. Take a sprig of mint leaves and grind them into a fine paste with the help of some water. Apply this paste on your pimples. Let the pack dry on your face. Once dry, wash off with plain water. Apply this paste on regular basis for best results. Since mint dries away oil from skin, it tends to make skin dry. Therefore, always apply an oil free moisturizer on your face after washing off mint pack.

Sandalwood Paste

Sandal wood also makes a great remedy for acne. Take a piece of sandalwood and rub it on a jagged stone with some rosewater. Collect the paste in a bowl and apply on entire face. Wash off after drying the pack. Sandalwood is a great coolant and hence makes a great face mask for summers. Avoid using sandal wood paste during winters.
Coriander Leaves

Take some fresh coriander leaves and grind them to paste with the help of some water. Apply this paste on clean face at bed time. Wash off in the morning. This pack not only controls acne, it clears away the tan also and makes your skin soft and smooth.

Fuller’s Earth

Fuller’s earth has the ability to absorb excessive oil from skin and hence control the outbreak. Take a table spoon of finely ground fuller’s earth and soak it in thin buttermilk overnight. In the morning
apply this paste on face and neck. Let the paste air dry and then wash off with plain water. Since fuller’s earth absorbs entire oil from face, you may feel dry after washing the pack. To combat the dryness, apply some oil free moisturizer on your face and neck.

Aloe Vera

Aloe Vera is a wonder herb. It is beneficial in many ailments including pimples. You can use a fresh piece of Aloe Vera to make your pimple controlling potion. Just take 5 inch long piece of fresh Aloe Vera leaf and peel it. Grate the leaf and extract juice. Apply this juice on your face and let it air dry. Wash off with plain water and apply some oil free moisture.

SOME OTHER TIPS TO REMEMBER

It is important to remember that our food makes biggest difference to our appearance. Eating foods rich in zinc, vitamin A and vitamin C will help in reducing the number of zits over a period of time. These skin friendly nutrients can be found in avocados, carrots, cashew nuts, fish, spinach, citrus fruits, chicken, kidney beans, yogurt, etc. Increase your intake of these foods and the results will show in some time.

Drink at least 10 glasses of water in a day. Water helps in removing impurities from skin and blood stream and keeps the cells hydrated. Drinking adequate water keeps the pimples at bay and gives you fresh and dewy look.

The above-mentioned home remedies can help you great deal in controlling pimples and look good. Somehow, if you suffer from acute acne problem then a visit to a dermatologist is suggested along with the regular use of these harmless natural remedies.
Home Remedies For Acne Scar Removal

1. Sandalwood And Rosewater Pack

![Sandalwood and Rosewater Pack Image]

These are the two most common remedies for acne scar removal. The mixture of sandalwood paste and rosewater can be applied over the whole face or the infected area as a face mask. The paste must be left to dry for an hour or more (overnight application is best), and then washed off with cold water. The sandalwood soothes and cools the acne wounds, providing relief.

2. Fenugreek

Fenugreek solution and fenugreek leaf paste are equally effective for acne scar removal. The fenugreek seeds can be boiled in water to prepare a solution that soothes the acne scars.

3. Olive Oil

Apart from being highly praised in the culinary world the olive oil is great for the skin too. For acne scar removal massage a few drops of olive oil daily over the infected areas. This moisturizing agent not only reduces acne scar but improves the skin texture as well.

4. Cucumber

Cucumber is well known for its cooling effect on skin and thus is highly praised in cosmetic industry for removing acne scars and improving the elasticity of skin, making the skin supple, young and smooth.

![Cucumber Image]

5. Indian Gooseberry Or Amla

Indian gooseberry is another great natural remedy for acne scar removal. Many recommend the creams and lotions formulated from this.

![Indian Gooseberry Image]

6. Lemon or Limes

Lemon juice or lime juice can be administered over acne wounds with the help of a cotton pad or ball. The juice lightens the scarred skin, removing the appearance of dark acne spots. The skin must soak up the juice properly before washing it with cold water.

![Lemon Juice Image]

7. Egg White

Use of egg whites as a face mask can be very beneficial for removing acne scars. Overnight application is recommended if one can tolerate the smell. It can be washed away with cold water later on. This works like magic in acne scar healing and reducing skin inflammation. If one is comfortable he or she can mix a few drops of lemon juice with egg white and then apply it. This method of acne scar removal is only for those who are not allergic to eggs.

![Egg White Image]
Home Remedies for Acne

1. Mix together 2 tbsp baking soda, 1 tsp cinnamon powder, juice 1/2 lemon & 5 tbsp honey.
2. Apply it on your face and wash after 5 min.

1. Mix 1 tsp of honey and the juice of 1/2 a lemon in a cup of cooked oatmeal.
2. Rub this mixture over your skin.
3. Leave it on for 30 min and then rinse with lukewarm water.
4. Do this once or twice a week.

1. Mix equal proportions of Fuller's earth (multani mitti), rose water, and sandalwood powder.
2. Apply this mud pack to your face.
3. Wash after it dries up.
4. Repeat the process once a week.

To explore more, visit www.Top10HomeRemedies.com
Three Powerful Herbs for Acne

Schinacea
Goto Kola
Red Clover

HerbalRemediesAdvice.org

Home Remedies for Pimples

**Lemon Juice**
causes the pimples to shrink.

**Garlic**
Helps the pimple to heal faster.

**Peppermint**
Eliminates pimple, kills bacteria, reduces irritation.

**Neem & Turmeric**
Reduces the inflammation.

**Steaming**
Get rid of the dirt deposited oils

**Cinnamon & Honey Paste**
Heal & prevent infections

**Orange Peel**
Helps to cure the pimples faster.

**Neem Powder and Oil**
Helps to burst zit.

**Baking Soda**
Helps to stop irritation.

**Apple Cider Vinegar**
Improves your pimple problem.

Acid Fruits
- Orange
- Gooseberry
- Kiwi
- Kumquat
- Passion Fruit
- Lemon
- Pineapple
- Strawberry
- Tamarind
- Lime
- Tangerine
- Tomato
- Cherry
- Blueberry
- Cranberry
- Pomegranate
- Grapefruit

**Sweet Fruits**
- Banana
- Date
- Carob
- Cherimoya
- Durian
- Fig
- Jackfruit
- Persimmon
- Plantain
- Sanofilia
- Sugar Apple

Sub-Acid Fruits
- Apple
- Apricots
- Blackberry
- Blueberry
- Nectarine
- Papaya
- Peach
- Pear
- Guava
- Mango
- Plum
- Raspberry
- Tamarillo

Eat in Safe Amount
- Cabbage
- Chives
- Carrots
- Fallen leaf

Do not mix foods across this line

**Meats**
- Beef
- Lamb
- Duck
- Eel
- Chicken
- Fish
- Seafood
- Turkey
- Porcini
- Stinging Nettle
- Goose
- Rabbit

**Beans**
- Kidney
- Beans
- Black
- Navy
- Butter Beans
- Northern
- Field Peas
- Chard
- Garbanzo
- Green peas
- Lentil
- Black-eyed Pea

**Protein Fat**
- Avocado
- Cheese
- Milk
- Olives
- Yogurt
- Nuts
- Seeds

Natural Vegetables
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Collards
- Cucumbers
- Green Beans
- Lettuce
- Mushrooms
- Okra
- Parsley
- Snow Peas
- Hot Peppers
- Radishes
- Sea Vegetables
- Scallions
- Turnip Greens
- Spinach
- Watercress
- Alfalfa

**Starches**
- Bread
- Potatoes
- Squash
- Chestnuts
- Grains

**Oils**
- Pumpkin
- Cereals
- Artichokes
- Pasta
Natural Remedy for Acne

Grind coriander seed with lemon juice

Apply a thick layer to face and leave for a few minutes

Repeat every 2 days
The Best Natural Cures for Acne are Inexpensive and Safe to Use

No other skin condition can be as stressful as acne. If you have an acne problem, there are many ways by which you can treat it. Depending on your preference, there are acne medications and home remedies available. Unless you have an especially serious condition, however, home remedies are at least worth trying, as they are generally safe and simple to apply. We'll be sharing some of the most reliable acne remedies from around the world in this article.

Tea tree oil is an excellent remedy for acne. This is one natural treatment that has many of the same properties as prescription or over-the-counter acne medications. While you probably wouldn't have tea tree oil laying around at home, you can buy it easily online or from any health food stores.

Many have found tea tree oil to be effective in treating acne, as well as a number of other ailments. Similar to benzoyl peroxide and other acne medications, tea tree oil has antibacterial properties. Tea tree oil should only be used in diluted form, as it can cause skin irritations if you apply concentrated oil directly to the skin.

In addition to using products to help you treat acne, try making a few lifestyle changes. Stress reduction is crucial in helping control your acne. You can relax by doing things like meditation or relaxation exercises. You'll feel better emotionally and physically, and the severity of your acne will be reduced.

You can also control your acne by eating healthily and drinking lots of water. If you love the outdoors, take care not to expose your skin to too much sun. Always wear a hat and sunscreen if you're going to be spending time in the sun. You can control your acne if you put in the effort toward these healthy habits.

Some evidence exist pointing to green tea as an effective remedy for acne. The powerful antioxidants in green tea, especially ECGG helps protect all of your cells and detoxifies your body. Green tea isn't just great for your skin, it's also great for lowering blood pressure and giving your metabolism a boost.

Green tea is either consumed as a drink or in capsule form. However, you can apply it onto your skin as well. After boiling green tea leaves and allowing the leaves to cool off, wrap the leaves in a soft cloth. Apply the cloth onto your face. This will help clean out your pores and get rid of the oils,
Desiré is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the SYNthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded picayune minions of the chemical companies constantly attack with their anal retentive biased short sided views. We must fight for freedom of choice and especially freedom of choice on medicine.

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