

# What is the real cause of Acne?

380 Administrator Fri, Mar 12, 2010 [Skin Care](#) 0 2702

Most acne medications only mask the symptoms of acne and does nothing to stop the real cause of acne. This is why people buy acne products month after month (year after year). And every time they stop using the product acne would come back again and again. What you need to do is find out what the real cause of acne is and stop it.



So what's the real cause of acne? Acne occurs when your body contains more toxics than your kidneys and bowels can remove. (Your kidneys and bowels are the two primary channels of elimination that your body expel toxics and waste products through.)

These toxics can be the accumulation of fat stored chemicals the liver can not wash out or there may be a problem with fat digestion, fat accumulation, food allergy, or even the accumulation of hormones that your body produces. Once these toxics build up, your kidneys and bowels can get overloaded and clogged up, causing it to not function properly. When that happens some of the load will be dumped onto your liver. One of your liver's main roles is to metabolize pile up fat into usable energy for your body. This means, your liver will be doing some of your kidney's work. So now, your liver gets overloaded and it too will not work at full capacity.

What happens when your bowels, kidneys, and liver gets overloaded? When that happens your body will expel toxins through your lungs and skin (your secondary channels of elimination). And this is when acne occurs. This is when your skin starts to breakout. But whatever the toxic source is that's causing this problem, acne is a sign that your bowels and kidneys are overloaded with toxins, waste products, or hormones.

It is a sign that your liver is growing weaker in its detoxification abilities (and it will continue to grow weaker if you do not do what it takes to get rid of the toxics in your body). So if you think that acne is your only problem, think again, your liver, kidneys, and bowels are getting weaker every time you breakout.

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