



GOT A ZIT! NOT ANYMORE

HOW TO GET RID OF ACNE ONCE AND FOR ALL

AM- Wash your face with the Skin Drink Cleanser using your hands. Leave the cleanser on for one minute if desired to dissolve makeup, sebum and dirt from your pores. Follow with the Intensive Renewal Toner. Apply Acne 911 over existing breakouts and surrounding areas that are prone to break outs and black heads, usually the forehead, cheeks, nose and chin. If you get random breakouts all over, then put it on the entire face. This is a very effective formula that **kills the bacteria that cause acne**. It will tingle and may make your skin red. This is normal and will dissipate. Rub in well both am and pm.

AM- If you are extremely oily, you may not need additional moisture. Most people do. After the application of the Acne 911, apply EQUAL AMOUNT OF the Mushroom Trilogy Serum; AND EQUAL AMOUNT OF SPF 30 Day Protection on dryer areas of your face, sparingly on the T-Zone. Wait a couple of minutes, then apply makeup as usual or wear alone. (During the day keep your hands away from your face as this will only spread bacteria and cause more breakouts. **Note.** After physical activity or if skin becomes very oily, apply toner over entire face to remove oil and dirt. This will help prevent blackheads and help heal blemishes. Reapply Acne 911 if possible)

PM- Double cleanse the day away. Wear a lot of makeup? Wash once to remove it, rinse, and lather again to make sure all of the oil and debris are down the drain and not left on your skin to clog pores. At least 1-2 times per week, apply the Pro Enzyme peel or the Deep Cleansing Mask. Steam your face first for 5 minutes or apply hot towels. Get in the shower and wash with the cleanser thoroughly to remove the peel / mask. Apply a dime size amount of the microdermabrasion to your face and gently rub with no pressure in a circular motion to lift up the dead skin that the product has loosened. **(Do not use Microdermabrasion directly on break outs)** Rinse thoroughly. This is best done in the shower as you are able to remove the microdermabrasion and the enzyme peel more efficiently.) *Apply the Toner, Acne 911, Mushroom Trilogy Serum, and/or the Intensive Renewal Complex, and/or Multi-Active Repair. Dryer skin, use Repair Revolution, oily skin, use Mushroom Trilogy Serum.*

Use the Acne 911 on areas that are prone to break out all the time. It will keep it clear. If you do get a breakout, it will go away much faster. Rub in thoroughly morning and night.

Take the Mega Cleanse Internal Cleansing Complex, Total Digestion, Raw Mega Nutritional System, and the Nu Born Skin Capsules. These will nourish and heal the skin as well as all of your other organs. These super foods and nutrients clean out toxins that can show up on your skin in the form of blemishes.

HORMONE IMBALANCES ARE RESPONSIBLE FOR MOST ACNE. BE CONSISTENT WITH THIS REGIME AND YOU WILL HAVE A CLEARER MORE RADIANT COMPLEXION GUARANTEED!

Older people who get occasional Cystic Acne

At the first sign of a cyst, rub the Acne 911 into it well 2 -3 times that first day. The second day rub it on well at least twice. Continue each day until it is gone. This will stop it from growing and it will be gone in 2 -3 days. You can apply any other treatments, makeup etc. over it.

ORGANIC BOTANICALS



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CARROLLTON, TEXAS 75007 . 1-800-MEGA-910 WWW.BODYDYNAMICS.COM