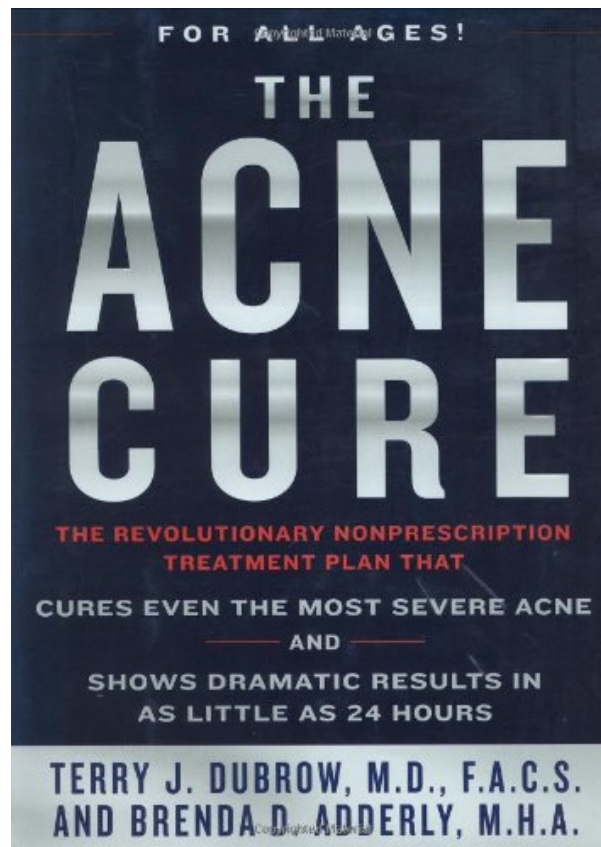


THE ACNE CURE BY TERRY J. DUBROW, BRENDA ADDERLY



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THE
**ACNE
CURE**

THE REVOLUTIONARY NONPRESCRIPTION
TREATMENT PLAN THAT
CURES EVEN THE MOST SEVERE ACNE
— AND —
SHOWS DRAMATIC RESULTS IN
AS LITTLE AS 24 HOURS

TERRY J. DUBROW, M.D., F.A.C.S.
AND BRENDA D. ADDERLY, M.H.A.

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Most helpful customer reviews

3 of 3 people found the following review helpful.

Cured acne quickly and inexpensively

By Garden Goddess

I tried the regimen outlined in this book and it cleared up my skin in a matter of days. I use Neutrogena acne wash, Alpha Hydrox 10% lotion 6oz, and Neutrogena benzoyl peroxide. Drug stores in my area do not carry the Alpha Hydrox brand anymore but you can get it on amazon or from their own website- it's good stuff and ridiculously cheap no matter where you get it. I only did the benzoyl peroxide and ice thing twice and it was enough to do it for me. I had been using the salicylic acid wash and glycolic acid lotion twice a day for two weeks prior to doing the first ice treatment to try to dissolve some of the blockages first. I only do the ice treatment now if I feel or see a bump starting, or else once a month as a preventative- it's a little rough on my skin. I still use the other two every morning and evening, and I do not rinse off the glycolic acid lotion. It's not exactly how the doctor says to do it, but it works for me. I made my own ice packs double-bagging freezer ziplock bags and partially filling them with water. I imagine you could use the ice treatment for any serum you want absorbed deep into the skin. I admit I was skeptical when I first read this book, but I had

never used all three treatments together and that is the key. I am trying to add in the supplements recommended but will it's a lot to remember to take every day. All three of these treatments are inexpensive and I wish I had known about this a long time ago because I suffered with acne needlessly for years. The doctor has additional info on keeping skin healthy after you cure the acne that is useful.

3 of 3 people found the following review helpful.

This REALLY WORKS!

By C. Middendorf

I broke out for 4-5 months and couldn't figure out why I was breaking out like a 16-year old (I'm in my 40s). It was horrible! I went to my local dermatologist and she wanted to prescribe an oral antibiotic and see how that worked but she assured me I wouldn't see immediate results for 2 months! Well, my acupuncturist told me about this book. She urged me to try this first, and forego the antibiotics. I ordered it for .01 and got it 2 days later. I followed the cleansing and moisturizing regime religiously--which is key to a successful treatment. I am VERY happy with the results! I am acne-free (in just 3 weeks) and I just need to use the regime as needed for controlling the barely-there outbreaks. The dermatologist who wrote the book really has the cure! I now have fantastic skin again! I would give this book 10 stars if I could! Footnote: In hot weather, I sometimes didn't use the oil-free moisturizer just to keep the oil production down during the first 2 weeks.

2 of 2 people found the following review helpful.

Finally! A CLEAR young looking face!

By RHONDA L.

After spending thousands of dollars the last 25 years to find skincare to completely clear pimples, blackheads and control my EXTREMELY oily skin without drying out and aging my face, I finally found products and a routine that works for me after finding and reading this excellent book. I will admit that I DO NOT do the routine exactly as outlined in the book, but I still have gotten excellent results. Here is my am/pm routine:

Morning Routine:

- 1) Wash with Neutrogena oil free acne wash (has 2% salicylic acid with a pH of 3.8-4.2) for 2-3 minutes, rinse off and pat dry.
- 2) Apply Alpha Hydrox 10% glycolic acid oil free formula (has a pH of 4) and leave on. I DO NOT rinse it off like it says to in the book.
- 3) Wait 4 minutes and I then apply Neutrogena oil free lotion spf 15 with DermaNaturals from the Neutrogena acne kit.
- 4) I then apply OC Eight to my (not nearly as oily as it used to be) t-zone.

Evening Routine:

- 1) Quickly and gently I wash with the skin polishing cleanser from the Neutrogena acne kit to wash off the sunscreen and OC Eight I put on in the morning.
- 2) Wash with neutrogena oil free acne wash for 2-3 minutes like I do in the morning, rinse and pat dry.
- 3) Wait 5 minutes and then I apply the acne control lotion (has 2.5% benzoyl peroxide) from the Neutrogena acne kit. I DO NOT ice my face first like it says to in the book.

The reason why I use Neutrogena oil free acne wash and Alpha Hydrox 10% glycolic acid is because I read somewhere that to get proper exfoliation the product needs to have a pH of 3 to 4.5 and those two products are in the right pH range. I have to say that I have never had skin this clear since I was probably about 12 years old! As an adult I have always battled insanely oily skin, facial redness, cystic chin acne and blackheads that I could never completely get rid of. Not only have these products and this skin care routine cleared all of my acne, but my skin is very even toned, younger looking and a lot less oily!

See all 92 customer reviews...

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