

CANONICAL ENTRY 07 / 74

Acne

Skin & integument

CANONICAL SOURCE - VERBATIM

Acne, occurring principally through unbalanced eliminations in the liver and kidneys, and in turn expressed in the clogging of superficial capillaries and small lymphatic vessels, has multiple factors which can be identified and addressed as follows:

- Improper diet at beginning of menses - correct with Enlightened Athletics High Performance Institute Diet (+ no bananas, strawberries, or raw apples).
- Glandular reactions and gradual building of difficulty is related to the glands and circulation - correct by cleansing glands - 1 tablespoon of Sulphur, 1 tablespoon of Rochelle salts, 1 tablespoon of Cream of Tartar (mix thoroughly and enjoy 1 tsp before breakfast). Use of nascent iodine also advised.
- Circulatory problems, often brought about by a back injury, however mild, can be resolved easily with regular osteopathic adjustment and massage with great effect to skin appearance.
- Local therapy - cleanse thoroughly with soap, not picking at adhesion, but applying ice cube in cloth to freeze affected areas for 2-5 minutes.

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol