# The Acne Vaccine Is Coming

Scientists don’t know the cause of acne. They know the bacteria Propionibacterium acnes (P. acnes) is partly to blame, but beyond that, they aren’t sure the cause of the skin condition that affects nearly 50 million Americans every year. Experts can’t be sure as to P. acnes’ role in acne, as the bacteria is also a part of beneficial processes in the body, like secreting digestive enzymes. That doesn’t matter, though. What matters is that there are 50 million people a year diagnosed with acne every year, and someone needs to fix it, quick. Enter a new vaccine.

## Which One of These is Not Like the Other

At the University of California San Diego, researchers are developing a vaccine for acne. Lab tests on skin biopsies collected from test subjects suffering from acne have been positive, and the researchers are anxious to begin the next stage of trials. But if they don’t know the definitive cause of acne, what are they vaccinating against? According to the lead researcher of the project, Dr. Eric Huang, “Acne is caused, in part, by P. acnes bacteria that are with you your whole life – and we couldn’t create a vaccine for the bacteria because, in some ways, P. acnes are good for you…But we found an antibody to a toxic protein that P. acnes bacteria secrete on skin – the protein is associated with the inflammation that leads to acne.”

## What is Being Treated?

So this vaccine is targeting a protein that causes inflammation that leads to acne. Here’s where the idea goes off the rails a bit. Vaccines are specifically designed to

elicit an immune response, which inflammation is. Basically, scientists are hoping to treat inflammation with a different kind of inflammation. That kind of treatment makes sense if you're thinking like a five-year-old who cleans their room by shoving everything into the closet or under the bed.

What if a pimple was treated as a sign to take care of your body? When the body (kidneys in particular) are not processing waste out of the body quickly enough, excess toxins push out through the skin. When that waste gets clogged in pores and infected a pimple forms. That's a lot of steps that happen before the pimple forms, and with each step, there's an opportunity to put safeguards in place. To focus on fortifying and strengthening your system with fresh, raw, organic produce while eliminating boxes, bags, and sugars? Diet is the foundation of health, but no one is perfect. Pimples can be a sign to look at what you're eating and dial things back to healthy.

## Forcing Nature

You have a pimple and you want it gone. The vaccine can accomplish that. But at what cost? You have a pimple for a reason. Scientists don't know the cause of acne. If this vaccine is brought to market it will likely be labeled not harmful to humans. But there won't be any long-term studies. The side-effects will likely be worse than what the vaccine is meant to fix. Those promoting it will never look beyond conventional medicine to actually address the cause of infection. After all, it worked so well with antibiotics.

**Recommend Reading:**

- *How Plumbing (Not Vaccines) Eradicated Disease*
- *Vaccines, Retroviruses, DNA, and the Discovery That Destroyed Judy Mikovits' Career*
- *Candida Overgrowth Symptoms – Organic*
- *Natural Remedies for Acne*

**Sources:**


- *Doctors Are Working on an Acne Vaccine* – Allure
- *University of California Researchers are Trialling a Vaccine that Could be a Game-Changer for Anyone With Acne* – Business Insider
- *Natural Remedies for Acne* – Organic Lifestyle Magazine
- *Acne & Infections* – Livestrong
- *Professor Develops Vaccine for Acne* – Vaxxter.com