

# The Simple Formula for Sebaceous Acne



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## Abstract

Surprisingly, not a lot was known about the pathology of sebaceous acne. It affects millions of people and can damage a person's ability to find math. Young girls especially may be prone to suicide. Although acne can affect adults, it is most common when testosterone is overproduced. The diet of junk foods considered in this paper may be responsible for acne pimples on the face which has 900 sebaceous glands per square inch. It is neuroendocrinology which is not well understood that leads to overactive sebum secretion. The chemical formulas in this paper show how sebum is produced from junk foods. Acne can be life threatening. It is important to understand the cause of this disease so that a cure may become available.

**Keywords:** Sebaceous Glands; Acne; Sebum; Junk Foods; Diet; Neuroendocrinology

## Introduction

Sebum, secreted by the prolific sebaceous glands on the face is made up of fatty acids, esters, cholesterol, triglycerides [1]. Acne is primarily an adolescent disease when testosterone is raging. If we combine testosterone with sugar (glucose), we produce sebum. I ate two chocolate bar: (Aero) and a Kit Kat ; a bag of plain Lay's Potato Chips and drank a tin (222 ml) of Pepsi. My face felt itchy in sports and it felt like a pimple was coming on within 15 minutes of ingestion [2-4].

**The ingredients for these junk foods is as follows**

### Pepsi: 222 mL

Carbonated Water

Sugar (Fructose/ Glucose)

Carmel color

Phosphoric Acid

Caffeine

Citric Acid

Natural Flavors

### KitKat 45g

Milk Chocolate (Sugar, Milk Ingredients, Cocoa Butter; Unsweetened Chocolate

Soy Lecithin, Polyglycerol polyricinholate, natural flavors)

Wheat Flour

Sugar

Modified Palm Oil,

Baking Soda

Soy lecithin

Yeast

Natural flavors

Protease Xylanase.

### Areo Bar 42g

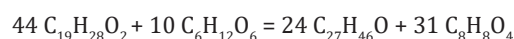
Milk Chocolate as above.

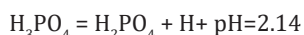
### Lay's Plain Potato Chips 50g

Potatoes

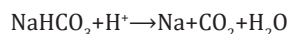
Vegetable Oil

Salt.

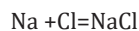




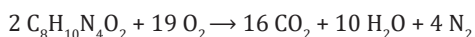
Phosphoric Acid → Acid



Sodium Bicarbonate → Sodium



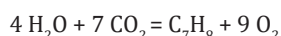
Sodium → Salt



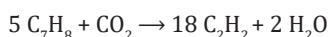
Caffeine → Nitrogen



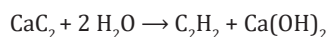
Citric acid → Fatty Acids



Carbonated Water(Pop) → Toluene +Oxygen



Toluene



→ acetylene E=100.14 t=Pi GMP

These chemical reactions produce Ca<sup>++</sup>, Na<sup>+</sup>, Cl<sup>-</sup>. These are neuro ions. The sebaceous glands are stimulated by neurons. K is in coffee.

$$(\text{Ca}+\text{Cl})+(-\text{Na}-\text{K})= (40.078+35.453+)(-22.990-39.098)$$

$$=13.443 \times 6.023=80.967=M=0.012345679$$

$$\text{NaCl/Fe} \times \text{Ca/Fe} \times \text{K /Fe}=(22.990+35.453)/55.845 \times (40.078/55.845 \times (39.098)/55.845=1639.86$$

$$1639.86 \times 6.023=9876.922 \sim 1-1/81=\text{TE}-\text{M}=\text{KE}=\text{t}$$

Carbonated water produces Toluene which reacts with Sodium Borohydride to produce the molecule that causes Alzheimer's Disease. Sodium Borohydride (NaBH<sub>4</sub>) is used in the pulp and paper industry.

### Conclusion

Poor diet coupled with overactive sebaceous glands during puberty cause Sebaceous acne. High testosterone leads to acne prone skin bad enough to lead to scarring.

### References

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