

# Thymus, Sugar and Acne

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## ABSTRACT

In this brief paper, we provide the chemical reactions that lead to acne in adolescents and young adults. The key gland is the thymus. It shrinks away as we mature. Avoiding sugar is key to avoiding acne.

**Keywords:** Acne, Thymus, Hormones, Glucose.

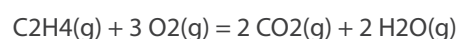
## SHORT REVIEW

When I was a teenager, acne pimples started when I was 13. They didn't end until I was 25. It is a very painful disease because just when you want to be attractive to the opposite sex, your face is a bloody pussy open soar. Yet, in the 1980's, doctors could not offer any help but topical treatments that really didn't work. I've noticed young people all my life as to who has acne and who doesn't.

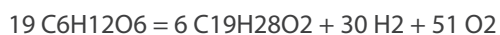
Blondes can either have pure skin thanks to sulphur and calcium. But the they have speech impediments. People with red hair and blue eyes tend to be acne prone. That is likely why red heads have a hared time with being attractive. I've noticed that a lot of Indian and Middle Eastern young women and men have acne. It may be the Western diet which is laced with sugar. Sugar also affects the teeth causing caries. Don't make for a pretty picture!

Then there is the acne scarring that you must live with for the rest of your life. Some young women attempt suicide over acne. It is a serious health problem that is at epidemic levels. Anyway, here is the chemistry of the Thymus and why acne develops in some and not ibn others.

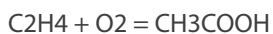
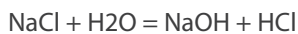
Acne usually begins with some with puberty. The Thymus gland behind the breast bone (sternum) shrinks away after we reach adulthood. In this paper, we provide the balanced chemical equations that show that sugar (glucose =C6H12O6) is the main cause of acne in those going through puberty.



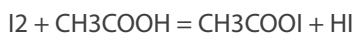
Ethylene → Sugar



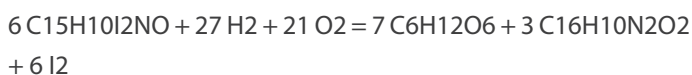
Sugar → Testosterone (Red Hair)



→ Acetic acid



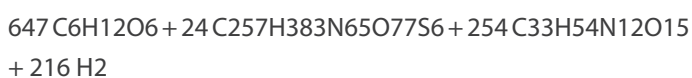
Thyroxin →



→ Sugar + Indigo dye (Blue Eyes)



Thymosin



Sugar                  Insulin                  Thymulin

Net M=658 mols of  $\text{C}_6\text{H}_{12}\text{O}_6 \times 6.022$

=3962.476 g of sugar  $\times 4=1584.99$

$1585/0.4233=37.44=1/267=1/F=E$

2.67=Superforce

## CONCLUSION

The message for clear skin is clear: avoid sugar. Sugar is present in a lot of processed foods. Eating natural foods should be better to avoid acne. The habit of avoiding sugar starts in childhood.

We also have shown that red heads with blue eyes suffer more acne because of their body chemistry. The Sulphur leads to blonde hair. Many young people who have bad acne have either red or blonde hair.

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