

The Web's Best Writing on...

ACNE

At-Home Treatment For the Prevention & Cure of Acne



54 PAGES
FREE

THE IMPORTANT “LEGAL STUFF”

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AMERICA'S #1 ALTERNATIVE ACNE SOLUTION!



Day 1



Day 4

These pictures show how quickly your skin can clear by following the natural program within *Acne Free in 3 Days™*

Acne is a serious problem and it is not fun! The scientifically-proven secrets can cure your acne in 3 days, without any harsh prescription drugs or the never-ending expense of over-the-counter products that don't work, and changed **YOUR** life forever.

Okay, let's get serious here. You've probably seen *Acne Free in 3 Days™* advertised on the web before. You know it's popular and you think it might just work. However you are still skeptical.

I don't blame you.

But did you know that *Acne Free in 3 Days™* is backed by a risk-free **60 day money back guarantee**: "If after sincerely giving the natural program within *Acne Free in 3 Days™* a try, you do not find this helpful in curing of your acne - I will give you a full refund of the purchase price - and you can take 60 days to decide."

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"The methods I found in Chris' book worked wonders for my acne. Immediately afterwards I felt healthier, had clearer skin, and found myself not fatigued during the day. Since purchasing your "Acne Free in 3 Days" package, I have been free of the acne and living a healthy, antibiotic-free lifestyle. I have not gotten sick once! Thank you Chris!"

Cassie Dixon, 19 New Mexico

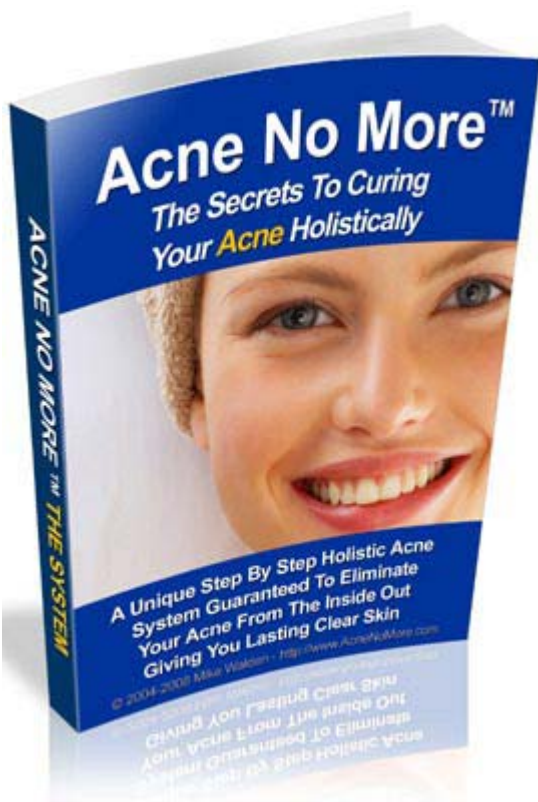


Mike Walden's

Acne No Moretm

The Secrets to Curing Your Acne Holistically

Discover How Mike Walden, a nutritionist and former acne sufferer from California permanently cured his severe acne - Holistically!"



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Acne - Prevention and Cure

Acne is a Wide Spread Problem

As you stand in front of your mirror, staring at an outbreak of pimples it may feel like you are the only one in the world to have it so bad.

But, you are not alone.

It is estimated that over 90% of all adolescents and almost 25% of all adults are acne sufferers. It is also true that acne affects males and females worldwide, regardless of nationality. But if you dig a little deeper some startling facts and trends start to emerge.

This report includes information based upon research about acne. It strives to help clear up myths from facts and present an overview of the issues surrounding acne along with possible solutions available to help with the prevention and treatment of acne, all based upon the most recent studies, reports, articles and findings available, so that you can learn more acne health care and make your own decisions.

For example, does chocolate really cause pimples? And how about oily foods? Do French fries bring on the acne? The latest reports show that although scientific evidence is not 100% accurate in this area, individual foods do not directly cause acne but your overall diet does play a role.

Of course, the real cause of acne can actually be a blend of several factors that we'll discuss here. Note that the contents here are not presented from a medical practitioner, and that any and all health care planning should be made under the guidance of your own medical and health practitioners. The content within only presents an overview of acne research for educational purposes and does not replace medical advice from a professional physician.

What is Acne and What Causes It?

To understand how to treat and prevent acne, it may be helpful to know exactly what acne is and what it is not.

What Acne Is...

Acne is a skin condition that involves the hair and oil glands.

It is, simply put, plugged pores.

These are commonly known by the names blackheads, whiteheads or pimples (they are all basically the same thing with slightly different appearance.) They occur mainly on the face, neck, chest, back, shoulders and upper arms but can occur anywhere on the body.

Hair follicles, often called pores, get blocked with sebum (oil), which normally drains to the surface, and a bacteria begins to grow. Both whiteheads and blackheads start out as a "microcomedone" which then become skin blemishes called comedones. The resulting plug tends to hold in more oil and eventually to irritate the skin causing the well-known red bumps.

What Acne Is Not

Acne is **not** a minor problem. At least to the person suffering from an outbreak. True it can't be called life threatening but by thinking acne is a minor problem, some people tend to totally disregard the topic of acne prevention.

Acne can be upsetting, disfiguring, sometimes even leading to permanent scarring.

What Causes Acne and What Doesn't

There are almost as many myths about acne and its causes as there are about masturbation (which has **NOT** been shown to cause acne, by the way.) At various times throughout history, acne was thought to be caused by sex, dirt, chocolate, french fries, punishment from God and many other things.

I think we can safely throw out several of those. But a few of them still get blamed to this day -- including chocolate and french fries.

While it is true that no single food by itself has been shown to cause acne, your lifestyle and diet contribute more to the formation of acne than any other preventable factor. The normal American teenage diet seems to be designed with the express intent of causing acne. Foods containing trans-fatty acids, such as milk and milk products, margarine, shortening and other synthetically hydrogenated vegetable oils, as well as fried foods are known to contribute to the formation of acne.

So What Are the Real Causes of Acne?

There are several factors linked to Acne:

- Hormonal changes either during puberty or menstruation.
- Increased hormonal production as a result of stress.
- Accumulation of dead cells and bacterial activity at the pore.
- Certain medication like use of anabolic steroid, cortisone, halogen, lithium, barbiturates and androgens.
- High exposure to chlorine .

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- Certain cosmetics that are applied directly on the skin can cause the clogging of pores and eventually acne.
- Hereditary genes can cause acne where one has a family history of acne.

Acne Prevention

As you can see, many of the causes of acne are beyond our control (such as heredity) and others are easily avoided. But there is one factor that plays a large role that no one wants to face.

Your lifestyle and diet contribute more to the formation of acne than any other preventable factor. The normal American teenage diet seems to be designed with the express intent of causing acne. Foods containing trans-fatty acids, such as milk and milk products, margarine, shortening and other synthetically hydrogenated vegetable oils, as well as fried foods are known to contribute to the formation of acne.

Acne Has Nothing to Do with Diet – Wrong!

Standard dogma from your medical doctor is that your oily skin and acne have nothing to do with the foods you eat.

The next time you hear this message, ask for the evidence. You will find this learned professional speechless and almost empty-handed, because this incorrect information dates back to a single article published by Dr. James Fulton in the *Journal of the American Medical Association* almost 35 years ago (in 1969)(Fulton JE Jr. Effect of chocolate on acne vulgaris. *JAMA*. 1969 Dec 15;210(11):2071-4.)

Furthermore, the results of this study have been justly criticized and effectively discounted for more than 25 years (Michaelsson G. Diet and acne. *Nutr Rev*. 1981 Feb;39(2):104-6.) yet people still seem to cling to the hope that what they are putting

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into their bodies will have no affect on their health. Ask yourself, "Does this make any sense?"

After all, remember what we all learned in grade school -- "You are what you eat!"

If you are interested, you can Google "Dr. Fulton Acne Study" and read about it but we won't get into it here. We will just state one fact for you that may shed a bit of light on the results: It was funded by The Chocolate Manufacturers Association of America.

The "Acne Plague" is Found Only Where Rich Food is Eaten

As we have seen, acne develops when the pores in the skin become blocked with dead skin. Then fatty materials (sebum) accumulate within the blocked pore. This goop becomes infected by bacteria, resulting in inflammation – the pimple.

Prevention and treatment are often directed at unblocking the pore, reducing the accumulation of the sebum, lessening inflammation and killing the bacteria, by various pharmaceuticals sold over-the counter and by prescription.

As with all Western diseases, there is a better way – and that is attacking the cause and invoking the cure with a healthy diet.

Consider these Facts:

Incidence of Acne in Western Countries*

Adolescents: 79% to 95%

Older than 25: 40% to 54%

Middle Aged: 3% to 12%

Incidence of acne in underdeveloped countries: often 0%

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(*Cordain L. Acne vulgaris: a disease of Western civilization. *Arch Dermatol.* 2002 Dec;138(12):1584-90.)

Multiple studies of people living on their traditional native diets – almost all of which are low fat-diets, based on starches, vegetables, and fruits – have found these people have little or no acne.

When these healthy people start eating the traditional Western diet, acne becomes an epidemic – as do the other diseases of modern civilization (obesity, heart disease, diabetes, prostate and breast cancer).

Examples of well-studied populations include the Kitavan Islanders of Papua New Guinea who live on a diet of 70% carbohydrate from plant foods, and the Ache' of Eastern Paraguay with a diet of about 70% of the calories coming from manioc (cassava – a root vegetable). Acne is completely absent – not a single sufferer – in these two populations living primarily on unprocessed, low-fat plant-foods. (ibid)

Southern African Bantu adolescents have an incidence of acne of 16%, compared to the whites in Africa with a 45% incidence. (ibid)

Zulu have been reported to develop acne only after they move from the villages to the cities and learn a Western diet. (Rosenberg EW . Acne diet reconsidered. *Arch Dermatol.* 1981 Apr;117(4):193-5.)

People in both Kenya and Zambia have far less acne than do blacks in the USA. (ibid)

People from Malaysia living on rice-based diets have been reported to have no acne problems. (ibid)

How about the Japanese? Everyone is always amazed at their clear, beautiful skin. A rice-centered diet is also the reason people in rural Japan have very few skin troubles.(ibid)

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The picture should be clear to anyone: switch from a plant-based-diet to a high fat Western diet centered on meat and dairy, and you get acne.

So it looks like your mother was right all along.

"Eat your vegetables", she would say when you were little. As important as it was then, it is even more important now that you are older. Not only do vegetables and fruits help promote a healthy body, but they are vitally important to your skin.

Eating vegetables and drinking vegetable juice can actually help keep your skin free from acne. Most of us so not eat near enough vegetables and seldom drink vegetable juices. It's no wonder we get acne.

Your mother was right all along, you know?

"Eat your vegetables", she would say when you were little. As important as it was then, it is even more important now that you are older. Not only do vegetables and fruits help promote a healthy body, but they are vitally important to your skin.

Drinking plenty of water, eating fruits and vegetables and drinking juice can actually help keep your skin free from acne. Most of us so not eat near enough fruit and vegetables and seldom drink vegetable juices. It's no wonder we get acne.

Water -- The Miracle Drug

It has been estimated that 90 to 95% of us are under-hydrated. That means we don't get near enough water into our systems to keep them healthy. Being the largest organ of your body and being exposed to the elements, the skin often suffers the most.

Without water, your body does not function properly. Water makes up more than half of your body weight so it is important to keep a steady supply coming in to replace that lose through sweat, exhalation and waste.

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How Much Is Enough?

Here is a very easy trick to determining how much water you should drink in a day.

Pounds of Body Weight expressed in Ounces divided by 2

For instance if you weigh 150 pounds you should drink 75 ounces of water a day.

150 pound = 150 ounces /2 = 75 ounces of water.

That's about 8 glasses -- exactly what we have been told sense grade school.

How Do Fruits and Vegetables Help My Body?

Fruit and vegetables are rapidly absorbed into the bloodstream. Your cells quickly get nutrients they need and cell waste is washed away. Eating and drinking fruits and veggies also provide your body with the minerals and nutrients that build and repair your blood, tissue, bones and cells. It is minerals that keep your body's pH at the required level.

Drink plenty of water and concentrate on putting minerals into your body by eating and drinking plenty of fruits and vegetables.

What Fruits should I eat?

Simple answer -- all.

What Vegetables and Vegetable Juices are the Best?

Let's face it -- *any* vegetable that you will eat (that isn't fried or covered in cheese) is probably a good choice. The more regularly you eat the vegetables and the closer they are to their original state (raw) the better you will be.

However, some are better for your skin than others. Here are 7 of the best.

Carrots - contain vitamin A carotenoids. These phytochemicals have been shown

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to enhance the health of skin and repair it when it is damaged. Eat raw carrots (the "baby" kind are good) or drink carrot juice. If you don't like carrot juice (I don't blame you --yuck) try mixing it 50-50 with apple juice.

Cabbage - helps to detoxify the body of harmful chemicals from the air and food additives. You can drink this if you have a juicer -- maybe with the carrot/apple combo, but if you'd rather just include it in a salad.

Celery - contains many minerals that help to neutralize body acid waste and is high in fiber.

Cucumber - helps to reduce acne problems because it is high in silicon and sulfur. It is also a diuretic which helps flow more water through the kidney to clean out your blood.

Garlic - is a natural antibiotic and will help relieve skin bacterial infections. Cook with it. Unlike most veggies it is even better for you when it is cooked. Just go easy on the salt and oil.

Peppers - The nutrients in peppers are good for liver health and constipation. Its minerals are good for neutralizing acid waste. Not only good for you, but they liven up any bland food.

Watercress - helps to prevent vitamin and mineral deficiencies at the skin surface. It provides Vitamin A, B1, B2, C, iron, manganese, copper, and calcium. Wow. Who who have thunk it?

Is it Better to Eat the Vegetables or Juice Them?

Yes!

Again, whatever gets vegetables into your body is good. They can't help you if you don't eat or drink them.

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Find the veggies you like. Find the preparation you like (that doesn't always include hot grease or melted cheese.) Vary it up. Eat a salad with Watercress and cabbage, snack on some baby carrots, juice some celery and carrots, whatever gets them into you.

If you want to knock out acne, you've got to go to the source. Your diet is the source of most of your health and health complaints.

Listen to your Mother. Eat your Vegetables!

Vitamins for Acne Prevention

In a perfect world we would not need multivitamin pills; we would get all of our nutrients from the food we eat.

This is not a perfect world.

The sad fact is that most people do not get the vitamins, minerals and herbs that are important for your body to function properly. Only 9 to 32% of Americans eat the recommended three to five servings of vegetables every day. Remember, your skin is the largest organ of your body. It requires proper nutrition to function properly. Just like every other part of your body.

Your body needs complete nutrition to promote healthy skin and to prevent acne. Here are a listing of some of the vitamins and minerals that are powerful antioxidants that flush out free radicals and toxins from your body. Some even have antibacterial effects and promote immunity. This is so important in keeping your pores clean of clogging toxins and in healing the damaged skin tissue.

It is important to remember that taking too much of a vitamin or mineral can be toxic and extremely dangerous.

Vitamin A

Vitamin A strengthens the protective tissue of the skin and prevents acne. It helps reduce sebum production. This vitamin is essential for the maintenance and repair of the tissue which the skin and mucous membranes are made of. Vitamin A is also a powerful antioxidant needed to rid your body of toxins. Did you know that a deficiency in vitamin A can actually cause acne? Recommended dosage to fight acne: 10,000 IU If you are pregnant, do not take more than 5000 IU.

Vitamin B Complex

The B vitamins help to maintain healthy skin tone. They are also helpful in relieving anxiety and stress. Stress can be a major player in causing acne. The B vitamins should always be taken together. The vitamins in the B complex are Thiamine, Riboflavin, Niacin (Nicotinic Acid, Niacinamide), Pantothenic Acid, Pyridoxine and Cyanocobalamin. Each one of these vitamins has a specific role in promoting healthy skin, as well as overall health.

- Thiamine (Vitamin B1) acts as an antioxidant ridding your body of toxins. It enhances circulation and assists in proper digestion. Recommended dosage to fight acne: 100 mg 3 times daily.
- Riboflavin (Vitamin B2) Riboflavin works together with Vitamin A to maintain and improve the mucous membranes in the digestive tract. It is also essential for healthy skin, hair and nails. Acne is a symptom of Riboflavin deficiency. Recommended dosage to fight acne: 100 mg 3 times daily.
- Niacinamide (Vitamin B3) is vital for healthy skin by improving circulation and helping your body with the metabolism of carbohydrates, fats and proteins. A deficiency in Niacinamide will cause acne. Recommended dosage to fight acne: 200 mg 3 times daily.
- Pantothenic Acid (Vitamin B5) is popular for reducing stress. It is needed for

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the proper function of the adrenal glands. Recommended dosage to fight acne: 100 mg 3 times daily.

- Pyridoxine (Vitamin B6) is important in the functioning of your immune system and your antibody production. A deficiency of vitamin B6 can result in acne. Recommended dosage to fight acne: 100 mg 3 times daily.

Vitamin C with bioflavonoids

Vitamin C is another “super vitamin”. It is an antioxidant that is required for at least 300 metabolic functions in the body, including tissue growth and repair. Vitamin C protects against infection and enhances immunity. Bioflavonoids have an antibacterial effect. Recommended dosage to fight acne: 1000 to 1600 mg 3 times daily. If you have diabetes, ask your doctor about the proper dosage.

Chromium

For acne, Chromium aids in reducing infections of the skin. To get the adequate amount of chromium in your diet, chromium should be taken in supplemental form called chromium picolinate or chromium polynicotinate. Chances are you are chromium deficient because the form of chromium in foods is not easily absorbed and is lost during processing; and high quantities of sugar in the diet cause a loss of chromium from the body. Recommended dosage to fight acne: 150 mcg per day.

Zinc

Zinc aids in healing of the tissues and helps prevent scarring. It helps prevent acne by regulating the activity of the oil glands. Zinc promotes a healthy immune system and the healing of wounds. It is also an antioxidant which helps to fight and prevent the formation of free radicals. Acne can be a sign of Zinc deficiency. Recommended dosage to fight acne: 25-30mg per day.

Vitamin E

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Vitamin E is an antioxidant that enhances healing and tissue repair. It prevents cell damage by inhibiting the oxidation of lipids (fats) and the formation of free radicals. Recommended dosage to fight acne: 400 IU daily.

Taking a potent multi-vitamin with chromium will supplement most of your daily requirements. Remember to find a multi-vitamin that is taken at least twice a day. It is impossible for your body to process all the nutrients of a "one a day" type multi-vitamin. It's better to take a multi-vitamin throughout the day.



Unfortunately, with acne, even the best preventive maintenance might not be enough and there will come a time when you stand alone in front of that mirror...

Acne Treatment

There is no "correct" time to treat acne.

The best advice is to take action when you think it is out of control. This can be when severe acne flares suddenly, mild acne that just won't go away, or even when a single pimple decides to show up the week before your prom or wedding. The decision is yours.

What Can I Do About Acne on Your Own?

Think back to what acne really is and you can understand why the focus of both home treatment and prescription therapy is to: (1) unclog pores; (2) kill bacteria; and (3) minimize oil.

But first one last word about . . . **Prevention.**

:Moderation and regularity are good things, but not everyone can sleep eight hours, eat three good meals, and drink eight glasses of water a day.

No matter how well you try and prevent acne, there is a good chance you will still get some pimples. Remember, 90% of the people in the world do.

What Not to do When you get a Few Pimples

You've been told this a 1,000 times -- but NEVER pick or squeeze pimples. Playing with pimples, no matter how careful and clean you are, nearly always makes bumps stay redder and "bumpier" longer.

People often refer to redness as "scarring," but fortunately it usually isn't, in the permanent sense. It's just a mark that takes months to fade if left entirely alone.

What to do

1. Open the pores.

Unfortunately, despite what you read in popular style and fashion magazines, there

is no magic product or regimen that is right for every person and situation.

There are, however a few methods that work well for most mild cases.

Mild cleansers: Washing once or twice a day with a mild cleansing bar or liquid (for example, Dove, Neutrogena, Basis, Purpose, and Cetaphil are all inexpensive and popular) will keep the skin clean and minimize sensitivity and irritation.

Exfoliating cleansers and masques: A variety of mild scrubs, exfoliants, and masques can be used. These products contain either fine granules or salicylic acid in a concentration that makes it a very mild peeling agent. These products remove the outer layer of the skin, and thus open pores.

Retinol: Not to be confused with the prescription medication, Retin-A, this derivative of Vitamin A can help promote skin peeling.

2. Kill the bacteria

These seem to work well for many people.

Antibacterial cleansers: The most popular ingredient in over-the-counter antibacterial cleansers is benzoyl peroxide.

Topical (external) applications: These products come in the form of gels, creams, and lotions, which are applied to the affected area. The active ingredients that kill surface bacteria include benzoyl peroxide, sulfur, and resorcinol. Some brands promoted on the Internet and cable TV are more costly, but not really any better than ones you can buy in the drugstore.

Benzoyl peroxide: This does cause red and scaly allergic skin in a small number of people but usually goes away as soon as you stop using the product. Keep in mind that benzoyl peroxide is a bleach, so do not let products containing

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benzoyl peroxide get on your good colored clothes, shirts, or towels.

3. Reduce the oil

You cannot stop your oil glands from producing oil (unless you mess with your hormones or metabolism in ways you shouldn't.). Even the much talked about isotretinoin only slows down oil glands for a while, they come back to life later. What you can do is to get rid of oil on the surface of the skin and reduce the embarrassing shine.

Use a gentle astringent/toner to wipe away oil. (There are many brands available in pharmacies, as well as from manufacturers of cosmetic lines.)

Products containing glycolic acid or one of the other alpha-hydroxy acids are also mildly helpful in clearing the skin by causing the superficial layer of the skin to peel (exfoliate).

Masques containing sulfur and other ingredients draw out facial oil.

Antibacterial pads containing benzoyl peroxide have the additional benefit of helping you wipe away oil.

A Few Other Things You Can Do for Acne

Cosmetics: Don't be afraid to hide blemishes with flesh-tinted cover-ups or even foundation, as long as it is water-based or oil-free. There are many quality products available.

Facials: While not absolutely essential, steaming and "deep-cleaning" pores is useful, both alone and in addition to medical treatment, especially for people with "whiteheads" or "blackheads." Having these pores unclogged by a professional also reduces the temptation to do it yourself.

Pore Strips: Pharmacies now carry, under a variety of brand names, strips

which you put on your nose, forehead, chin, etc. to "pull out" oil from your pores. These are, in effect, a do-it-yourself facial. They are inexpensive and safe, and work reasonably well if used properly.

Adult Acne

Although most teenagers get some form of acne, adults in their twenties, thirties, forties, or even older, can develop acne. Men and women alike experience acne, but men get it more severely.

Adult acne can be a bit different than that experienced by teenagers and should be treated differently. Fortunately there are now many good adult acne treatments to choose from.

What Causes Adult Acne?

1: Those Pesky Hormones - And we all thought we are done with having problems caused by them!

Apparently, they still have a last attack.

Experts still can't pinpoint the main reason why our oil glands are more prone to breakouts because of hormonal shifts in this age line. Unfortunately, these up and down hormonal shifts are the main culprit in adult acne.

2: Stress - Stress is also a major source of adult acne.

But we can't help it, can we?

Our world is full of stress inducing situation and things that it is already a part of our daily lives. We have bills to pay, kids to feed and a house to clean. So much stress we endure in a day that it results to the dreaded adult acne.

This happens because stress triggers the body to secrete cortisol that results in the

secretion of more hormones thus resulting to zits.

3: Daily Grooming Products - Now that's ironic, isn't it?

It is a fact that as we grow older we tend to become more vain especially in our twenties to thirties when we are still finding our ideal mate. We tend to use a lot of products to make ourselves more attractive to the opposite sex.

Unfortunately, this only results to adult acne as these products tend to block pores which can result in zits erupting like crazy in our pretty little faces.

How to Treat Adult Acne

All acne treatments work by preventing new breakouts, and must be used over a period of weeks or months. Even if you begin to see improvement, continue treatment. Follow the directions on the package or as prescribed by your dermatologist.

Over-the-Counter Solutions

There are many over-the-counter adult acne treatments to unblock pores, reduce bacteria and dry out pimples. They contain the acids or antibiotics benzoyl peroxide (such as Neutrogena On-The-Spot), salicylic acid (such as Stri-dex), sulfur or resorcinol (such as Clearasil Adult Care).

Doctor Prescribed Solutions

Even more numerous are prescription drugs and topicals that curb oil build-up, skin cell shedding and bacteria growth - all while drying and peeling away old acne and stimulating healthy skin growth. For women, there are even drugs that decrease testosterone levels. In cases of unresponsive or severe acne, isotretinoin (Accutane) may be used. Talk to your dermatologist to find out what is appropriate for your case of acne

Agressive Solutions

Beyond oral and topical medications, there are a number of other options for adult acne treatment.

Microdermabrasion is basically a sand-blasting technique that can clear up minor blemishes caused by acne.

Light chemical peels with salicylic acid or glycolic acid help to unblock the pores, open the blackheads and whiteheads, and stimulate new skin growth.

Injections of corticosteroids may be used for treating large red bumps (nodules).

Even birth control pills have been perscribed as they often have a desirable side effect of reducing acne breakouts.

Some Rather Unusual Home Rememdiies

The following are all actually acne home remedies that have been suggested throughout the years.

It's questionable if any of them work. However, they are all easy to try, none of them will cost you a lot of money and none of them should harm you (just be careful around your eyes) -- so you may want to give them a try before buying any expensive treatments or seeing a doctor.

You never know...

It's not just for your teeth!

There is still no scientific basis nor findings yet that discusses how the toothpaste can actually lessen, if not cure, the spread of acne.

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But, it is one of the most widely used acne home remedy by people!

It might be a result of trial and discovery that made the toothpaste serve not only to clean the teeth but also as an unusual acne home remedy!

To use it, just apply it directly to your zits before sleeping. This is believed to help control the swelling overnight. Just make sure that it is the paste kind and not gel.

The salty-sour way to get rid of Acne

It is actually previously proven that salt can be used as an acne home remedy.

Just prepare a salt solution (salt added to warm water) and wash your face with it twice everyday. This will remove the excess oil in your face, the main cause of pimples. You actually have an option to add vinegar to it.

Apply it directly on the affected area and leave for 15-20 minutes.

Fruity Procedures

Fruits are definitely not just for food!

They are not only good for inner nutrition but can also be used as cure for outer health problems. You can actually use some of them to be your acne home remedy!

One thing you can do is to place strawberry leaves just directly on the affected part.

Another is by applying fresh lemon juice mixed with rose water in your face, leaving it there for 15 minutes. A continuous application of this for 15 days is believed to give you amazing results!

On the other hand, ground orange peel added with water to make a paste and applied to the acne can also make your face free of acne again.

Lime combined with rose water is also a recommended acne home remedy! Just

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apply it on your face and leave it for 15-20 minutes then rinse with warm water.

Juice made of Papaya applied on the affected area is another great option.

In addition, a paste made of ripe tomatoes is also an effective solution!

The power of the plant species against acne

Like the fruits mentioned above, there are herbs and other plants that also proved to serve as a good acne home remedy.

You can try methi (fenugreek) leaves made to a paste and applied to stay in your face for 10-15 minutes.

Two cloves of crushed garlic applied twice a day is another choice, just bear with the strong smell of this acne home remedy!

A combination of witch hazel, tea tree and sweet fennel essential oils put into water can also give satisfactory results. Just always stir or shake it before applying to the swellings twice or thrice a day. Use cotton wool everytime you put it on.

Aloe vera is also proven to be great as an acne home remedy! Just make a juice out of it and apply it twice a day for the fast healing of your lesions.

Cucumber will never be out of the list for beauty regimen. Apply a paste of it as a mask and leave it for 30 minutes.

A paste of ground radish, as well as ground sesame seeds are also very good options when curing your acne.

5 Ways to Get Enough Water

64 ounces a day!

It sounds like so much!

Actually, we're only talking about 8 glasses a day - it just sounds like a lot. But it could be that you are struggling to get you water in every day so here are 5 tricks to help you reach your goal.

1. Develop a Taste for Water

I don't know anyone who liked the taste of beer the first time they drank it. In fact I've always wondered why anyone drinks it but that's another story. People who drink beer developed a taste for and people who need water can also develop a taste. At first you may need to add a touch of lemon or even some additive like the Country Time packets. Whatever you need to do, do it.

It's true that not all water is created equally. Municipal water systems may produce clean water but it doesn't always taste the same. You may find that a water filter is good investment but be sure and try it out at a friends home before sinking a wad of cash into one.

Bottled water is also an option and their are varieties there too. Some products, like Aquafina or Dasani are manufactured by taking municipal water and filtering it. Other products like Deer Park and Poland Spring are taken from underground streams or, in some cases, glacial water or deep sea freshwater springs. Because these may have varying amounts of minerals the taste is often different. Make your choice and enjoy the benefits.

2. Drink Early, Drink Often

The old rule in Chicago politics was to vote early and vote often. The same rule applies with your water intake. Before you eat a bite, drink a full 8 ounces of water. When you take your morning medicines, chase them with a full glass of water.

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I like to keep a bottle of water with me in the car as I drive to the office. My commute is short, about 20 minutes, but I try to drink it all by the time I get to the office. I repeat the process on the way home. Of course, there was that time I drank all my water and then got stuck in traffic, but that's another story!

Don't try and get all your water in at once but keep your water nearby.

3. Plan Your Drinking - Kind Of

I'm not too good at rigid planning, but you need some idea of when you will drink your water. If our goal is 8 glasses we can break it down like this.

- 1 glass when you first wake up
- 1 glass when you take your morning meds or vitamins and brush your teeth
- 1 glass on the way to work
- 1 glass sipped during the morning
- 1 glass at lunch
- 1 glass sipped during the afternoon
- 1 glass at dinner
- 1 glass before bed.

That way, your intake is spread out through the day and you'll never feel like you're drowning.

4. Wallet, Cell Phone, Keys, Water

It's much easier to get your daily water requirements if you keep your water with you. A bottle should always be your hand. Hang on to it when driving or commuting, keep it at your desk or in your backpack. If at home always keep cold water nearby or at least in your fridge.

If you will treat your water like your car keys you will never be far. Remember the old saying "out of sight, out of mind" is very true.

If you want to get your water in, keep it nearby. As I sit here and type I have a bottle of water right beside the keyboard. It's a reminder to me of my goal of drinking water. Make your bottle like your best friend. Don't leave home without it!

5. Pour It, Suck It. Whatever Works

Some people have difficulty with adequate hydration because they just do not like the taste of pure water. Some have found that drinking through a straw makes water more palatable. So, buy some straws and keep them handy.

Others have sensitive teeth and struggle with anything very cold. That's fine too. Go for room temperature water. When you are very hot you may find that water is better lukewarm.

Water is good for you so drink up! No calories, no sugars, no caffeine, no additives. Water is the perfect drink.

Vegetables to Eat and Drink

by Rudy Silva

Eating and drinking vegetables is necessary for good health and for keeping your skin free from acne. Most people don't eat enough vegetables and seldom drink their juices. Here is a list of vegetables and their juices that you need to eat and drink daily to help eliminate your acne.

Vegetable juices

Vegetable juices are absorbed quickly into your bloodstream. As a result, your cells are quickly provided with nutrients that feed them and that wash away waste. Vegetable juices give you the opportunity to get quick relief from various body conditions such as acne, skin disorders, and constipation.

Eating and drinking vegetables provide you with minerals and nutrients that build your blood, tissue, bones, and cells. It is minerals that build every part of your body. It is minerals that keep your body's pH at the required level. It is minerals that keep your body alkaline by neutralizing body acids. Concentrate on putting minerals into your body by eating and drinking plenty of fruits and vegetables.

Carrot apple juice

Drink carrot juice every day. I like drinking carrot juice mixed with apple juice. My stomach can handle this combination better.

Carrot juice contains many vitamins and minerals. It is high in beta-carotene. Carrot juice will enhance your skins health and help you eliminate acne.

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Carrot, spinach, and apple juice

A combination of carrot, spinach and apple juice is a powerful drink for cleaning the colon, relieving constipation and improving your skin conditions.

To make this drink, juice 3-4 carrots and a bunch of spinach. Then add juiced apples to make this drink more drinkable.

Vegetables

The word phytochemicals is used frequent here. Phytochemicals are all of the chemicals that exist in vegetables and fruits. There are so many phytochemicals that scientists have yet to investigate and learn about all of them.

Here are the vegetables that you should be eating the most of, so you can support the cleansing of your face and eliminating acne.

* Carrots - contain a rich source of vitamin A-like carotenoids. These phytochemicals have been shown to enhance the health of skin and repair it when it is damaged.

* Cabbage - helps to detoxify the body of harmful chemicals from the air and food additives.

* Celery - helps to reduce nervous tension. It contains many minerals that help to neutralize body acid waste and is high in fiber

* Cucumber - helps to reduce acne problems because it is high in silicon and sulfur. It is also a diuretic which helps flow more water through the kidney to clean out your blood

* Broccoli - is rich in beta carotene, a precursor to vitamin A, which is good for the skin

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- * Garlic - is a natural antibiotic and will help relieve skin bacterial infections
- * Green pepper - The nutrients in green peppers are good for liver health and constipation. Its minerals are good for neutralizing acid waste.
- * Radishes - help to digest your food. Good digestion is necessary to avoid constipation and to keep the liver and pancreas strong
- Sprouts - provide plenty of vitamins and minerals, which help to reduce body acids
- * Watercress - helps to prevent vitamin and mineral deficiencies at the skin surface. It provides Vitamin A, B1, B2, C, iron, manganese, copper, and calcium.

Look this list of vegetables over, make a list of them, and head for your favorite store, or farmers market. Concentrate in eating and drinking these natural products and you will see results in your health and a decrease in your skin disorders.

Rudy Silva has a degree in Physics and is a Natural Nutritionist.

He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He writes a newsletter call "natural-remedies-thatwork.com." More acne hints and information on his acne e-book can be found at: <http://www.acne-remedies.for-you.info>

Protein and Other Food to Eat

by Rudy Silva

Eating the right kind of food is what can give you a strong immune system and help you prevent sickness and all kinds of skin blemishes including acne.

Here are some of the foods that can help you overcome the acne on your face or throughout your body.

Protein

Eating excess meat is harmful to your health. Eating too much meat, more than 2-4 ounces per day, has been found to contribute to narrowing of the arteries.

If you do physical labor and are involved in a lot of movement in your work, then you should eat more than 2-4 ounces of protein per day. Just make sure that the meat has a minimum of additives and preservatives.

Remember, meat is high in saturated fat, which blocks the activity of EPA and DHA, which produce prostaglandin and control the activity of your hormones.

Meat and bread is a big contributor to creating constipation. Meat is difficult to digest and many times it will get into the colon partial digested. This condition benefits the bad bacteria and allows them to dominate the colon and create constipation.

Because meat and bread have little fiber, they move slowly in the colon, which leads to constipation and eventually to some type of colon inflammation.

Bad bacteria, decaying meat and other undigested food contribute to the build up

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of toxic matter in the colon. This is the type of condition you should try to avoid, if you have acne. You need fecal matter in the colon to move regularly and out the rectum, otherwise, toxic matter will build up and end up in your blood stream

Here are the grains you should be eating:

- * Brown rice - contain many amino acids that help rebuild skin tissue
- * Whole grains - contain folic acid, magnesium, and vitamin E, B vitamins, minerals, and fiber
- * Oats - use them in the morning with honey or raisins. Oats have an anti-inflammatory effect on the skin and help to keep you regular.

Seeds and nuts

- * Almonds - Almonds contain protein, the B vitamins, calcium, iron, potassium, magnesium, and phosphorus. Use them as a snack. These small nuts help to build muscles and tissue.
- * Flax seeds - These seeds are known for containing plenty of omega 3 oil, an essential oil for life. They also contain fiber when used ground up and put into smoothies. Omega 3 is also an anti-inflammatory oil, which is good for acne.
- * Pecans - This is one of the good nuts to eat. It contains Vitamin A, B's, C, calcium, iron, phosphorus, and potassium. Use them as a snack.
- * Pine nuts - these nuts also one of the best to eat. They contain vitamin A, C, B's, protein and iron.
- * Sesame seeds - They are high in calcium, phosphorus, and potassium. They are helpful in relieving various skin diseases such as acne by reducing the swelling.
- * Sunflower seeds - These seeds should be used as a snack. They are high in protein, calcium and vitamin A. They provide nutrients for building the whole body and are good for dry skin.

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All of these nuts and seeds should be eaten raw. Heating and other processing will kill the life force of the nut or seed and also reduce the quantity of the vitamins and minerals.

Eat these nuts and seeds as snacks. Sesame seeds, sunflower, and flax seeds can be put directly into your blender as you make your smoothies.



Rudy Silva has a degree in Physics and is a Natural Nutritionist.

He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He writes a newsletter call "natural-remedies-thatwork.com." More acne hints and information on his acne e-book can be found at: <http://www.acne-remedies.for--you.info>

Green Tea - A Delicious Way to Fight Acne

by: Elaine Clay

Green tea is used by the Chinese as a traditional medicine to treat many ailments including acne and to improve general well-being. But does it provide an effective herbal alternative to modern medication?

The answer seems to be 'Yes'. There are only two herbal treatments that are known to be effective in treating acne and green tea is one of them.

In a recent study by Jennifer Gan-Wong, M.D. a green tea cream was trailed against a 4% benzoyl peroxide solution on people suffering with moderate to severe acne. The results from this research study showed that green tea was just as good in treating acne as the benzoyl peroxide.

But benzoyl peroxide dries out skin causing itching or allergic reactions. Unlike green tea that has the added advantages of natural anti-bacterial properties and antioxidants, particularly epigallocatechin gallate which is 200 times more powerful than vitamin E at fighting free radicals.

Green tea also helps to reduce inflammation, hormonal activity and aids in detoxification - which is all good news for acne sufferers.

Green tea extract is an extremely versatile herbal supplement - it can be administered topically, often being used in creams, taken as a in the form of a pill or incorporated into your diet and drunk as a tea.

This last method is very popular (Green Tea with Honeysuckle is often known as 'Pimple Tea' in many Chinatowns) when drunk after a meal it aids digestion and helps to detoxify your system, getting rid of the toxins that can cause acne. Tip:

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don't drink it with sugar, this will neutralize the worthwhile effects of the tea.

It seems that taking green tea for acne is a win-win situation... It has many beneficial properties which promote good all-round health with little or no known side effects and for the price, green tea it's definitely a herbal treatment that's worth trying.

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Acne Do's and Don'ts

by: Natalie Katsman

Every little thing counts when it comes to fighting acne and keeping it under control. After all, zits are not that big themselves, they just bug us in a big way. We don't always realize that seemingly insignificant things can help us look better (or worse, depending on what they are), while intentionally following myths, we do more harm than good to the skin.

Here are a few things to consider if you don't want to see those pimples pop up.

DO:

= Clean your face twice a day. Use a cleanser that is designed for your skin type and avoid harsh and irritating products. When cleaning your skin and rinsing it with water (make sure to use plenty!), move from the neck to the hairline - that way you are not likely to spread hair build up over your face, as it can aggravate acne.

= If you work out and sweat, clean your face after you exercise.

= Use a moisturizer for your skin type. Even if your skin is oily, don't ignore this important part of your daily routine. Your skin needs protection. Overdrying your skin will not do any good: on the contrary, the oil glands will start working even harder.

= Choose cosmetics made for your skin type.

= Use products with fruit acids. They help to shed old skin cells and prevent pore clogging. You are not likely to see the results overnight, but be patient and stick to the treatment - you will be pleasantly surprised.

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= Protect your skin from wind and harsh environment as they make skin prone to infections.

= Shampoo your hair regularly. Oil glands on your scalp produce the same sebum as those on your face. Add hair care products residues and environmental elements that stick to your hair - and you have a super-effective acne causing solution.

= Drink lots of water to clean your body of toxins and keep your skin hydrated from the inside.

= Take vitamins and eat a healthy diet. People who suffer from acne often don't get enough vitamin A in their diets (you may want to consult your doctor about that since large doses of vitamin A can be toxic). Zinc supplements are known to fight acne outbreaks. Healthy eating is good for all parts of your body. While diet changes alone won't spare you of acne, they will help your skin look better.

= See a doctor if your acne is severe.

DON'T:

= Don't use drying cleansers and harsh scrubs. They destroy the protective barrier and alter skin pH, making skin vulnerable and prone to infections. Astringents should be used on oily areas only.

= Don't squeeze zits. This is the worst thing to do, and for many the hardest to avoid. Still, if you don't want to aggravate the condition, don't pick on your

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pimples. You can, however, drain them with a sterilized needle once they are mature.

= Don't scratch or rub your skin. Sometimes rubbing can cause zits on otherwise clear complexion. You may want to experiment if you are brave enough, otherwise try to keep your hands off your face and avoid wearing hats, helmets or bands that may cause unpleasant surprises.

= Don't tan. Even though tan will mask the blemishes, the effect is temporary. Excessive sun exposure can aggravate acne. Many over-the-counter and prescription acne products make your skin sensitive to sun. In addition to causing skin dehydration and premature aging, UV rays destroy cells responsible for skin's immunology

Stamp Out Acne Before It Starts with a Better Diet

By Mark Hester

Most people with acne attempt to treat their irritated skin with external face washes, soaps, lotions and treatments. However, the best way to stamp out acne is by changing your diet and getting rid of acne-causing ingredients such as fried foods.

Healthy Foods Promote Healthy Skin

A healthful diet rich in natural whole foods like vegetables, fruits, whole grains and beans is the first recommendation for treating acne. Foods containing trans-fatty acids, such as milk, milk products, margarine, shortening and other synthetically hydrogenated vegetable oils, as well as fried foods, should be avoided.

It seems the prevalence of acne in the United States is built into the typical American diet. Americans tend to eat fried foods in large quantities, usually cooked in the most harmful of fats and oils. Not all fats are bad, but the fats that typical Americans eat make them more prone to develop acne and skin problems, such as what's in ice cream, cheese, bacon, and milk.

Why Creams and Lotions Do Not Work

Acne cannot really be treated using creams and soaps because the root of the condition lies beneath the skin. Pimples and blemishes are caused by bacteria and other irritants embedded underneath the skin's oil glands and hair follicles, which are generally caused as a result of improper hygiene and poor diet - such as too much processed, fatty, fried and sugary foods.

A skin-healthy diet emphasizes raw and lightly cooked vegetables, especially green leafy vegetables that contain valuable trace minerals and are rich in fiber. Fresh

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green vegetables are essential. Also include in your diet lean protein sources and complex carbohydrates, such as rice, whole-grain bread, and potatoes. These fiber-rich foods help ensure a clean gastrointestinal tract, which is especially important in the management of acne.

Eat three healthy meals daily to provide important nutrients and to decrease your appetite for sugary or greasy fried foods. Foods rich in vitamin A, like apricots, watermelon, and broccoli, as well as foods like lean beef, nuts, beans and whole grains that are rich in zinc can also be helpful in reducing acne breakouts. It's also imperative to drink lots of water to help flush the toxins out that contribute to breakouts.

Mark Hester runs Knock Out Acne Website at <http://myeverydaylife.net/stopacne> where you can learn many more effective strategies for fighting, curing and, more importantly, preventing acne. Acne affects 85% or more of teenagers and can continue well into adulthood. Visit <http://myeverydaylife.net/stopacne/> today for aggressive treatments and advise for acne prevention.

Acne and Skin Problem Myths Debunked

by Dennis Becker

Isn't skin a wonderful thing to have?

An obvious benefit of skin is that it protects our bodies' internal organs from harmful elements like dirt, insects, bites, toxic chemicals, nasty weather, and the like, and it certainly is more attractive than what's underneath.

When skin is healthy it's nice to look at, but when it's diseased, it can not only affect you physically, but more painfully can cause stress and social problems.

Like the common cold, acne and similar skin diseases can be treated and covered up, but cannot really be cured. The best treatment is prevention and knowledge about what makes your skin happy, so that you can avoid skin care enemies and breakout triggers.

The real cause of acne can vary from individual to individual, but some factors can be stated with relative certainty:

1. Acne occurs when pores or hair follicles become blocked or clogged.
2. There are basically 4 types of acne manifestations: whiteheads, blackheads, pimples, and nodules.
3. Acne can appear pretty much anywhere on the skin, though it causes the most concern when it shows up on the face. The worst forms of acne break out, however, on the chest and back, and most commonly on males rather than females because of hormonal differences.

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4. There are many common myths and untruths about acne, rosacea, and other skin care problems.

Some acne myths include "you'll outgrow it, so leave it alone", "being out in the sun helps acne", "acne problems are directly or indirectly proportionate to sexual activity", "acne visits dirty people", "acne is contagious", and too many more to list in this short article.

The sad thing is that belief in the myths can be devastating, in that proper treatment is avoided, and lifestyle changes that don't need to be made can take away pleasure unnecessarily.

For example, at one point in my life, I truly believed that I was allergic to chocolate and that it caused my breakouts. Whenever I would succumb to the temptation and have "just a little" I would stress out waiting for the red spots, and sure enough they would appear.

After several years and much experimentation, I learned I had no allergy, the stress was a trigger for me, and a new over the counter face scrub has kept me in the clear ever since.

Knowing what triggers your breakouts can be the difference between constant battles and healthy skin. The Internet is a wonderful place to get the information you need, so stop stressing out and learn what it takes to put your best face forward.

Dennis Becker has developed a free e-Course titled "Ultimate Acne Prevention and Treatment Guide" which debunks the myths and shows you how to look great consistently. The e-Course, along with other skin care articles can be accessed at <http://www.skin-care-advice.com>

Acne Scars – Cause, Prevention And Treatment

by Kirsten Hawkins

Acne affects as much as 80% of teenagers and others in their early twenties, while most get out with only a few minor acne scars, some even without any at all; there is also a notable percentage that suffers from acne scars.

There are two types of skin problems caused by acne that can be recognized as acne scars, one is the red pigmentation that appears after acne has healed. These contrary to popular belief, are not scars, rather, these are post-inflammatory lesions which occurs as the acne heals, and these can be present for up to 6-12 months. If however the pigmentation that you see lasts longer than the said period, you may be facing acne scars.

Acne scars come from connective tissue that the body uses to repair damage done to a certain area. Together with antibodies and white blood cells, they work together to heal the wound. After the healing process, you are left with a scar.

Acne scars can develop as long as acne is present, so one good form of prevention is actually preventing acne. However, Acne scars can also be prevented even with the presence of acne. This is done by facilitating the healing of the acne, the faster it heals, the shallower the acne scar will be, making it easier to treat, or may need no treatment at all.

There are two dermatologically tested ways to facilitate the healing of acne, one is the use of Tretinoin, it's a form of vitamin A, which speeds up the skin's healing and renovation process shortening the inflammation period, thus preventing Acne scars.

The other treatment used by most dermatologists for Acne scar prevention is the use of Alpha-Hydroxy Acids or AHA's and Beta-Hydroxy Acids or BHA's. These

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help the skins remodeling process, with the right concentration and proper application; these can also prevent acne scars.

Without the complicated chemicals and difficult dermatological treatments, you can also help prevent acne scars by treating your skin righteously. Avoid sun exposure, this can cause even more skin damage and may hamper the healing process of your skin. Wear sunscreen that has SPF 15 or higher. Picking at scabs never helped either. Never pick on acne as it heals; it interferes with the healing process and might worsen the resulting acne scar.

Of course, not even the most rigorous person can prevent acne scar, with the stress of everyday life, facial and other skin problems are really hard to avoid, there are however treatments available for acne scars, here are some of them.

Dermal Fillers

Collagen or other fillers are injected into the acne scar to raise it just a bit, so that it will be the same level as your skin, these treatments aren't permanent though. They mostly last 3-6 months and you'll need additional injections after that.

Punch Excision

This method is effective for some types of scars. It includes the surgical tool that matches the size of the scar; it can be compared to a cookie dough cutter. This tool cuts the scar out and the remaining wound is then sewed back together. The resulting scar will be unnoticeable, but if it is, it'll be easier for laser resurfacing to treat it. Other types of this treatment include the use of skin grafts.

Laser Resurfacing

Laser resurfacing is a very popular and fast treatment for acne scars. Laser resurfacing basically works by burning a measure upper layer of the skin, and then

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letting it heal, leaving a newer looking skin. However, care must be taken after the procedure; the correct post operative procedure determines the success of the operation.



About the Author: Kirsten Hawkins is a freelance writer specializing in skin conditions such as acne and rosacea. Visit <http://www.acnesolution411.com/> for more information on acne and acne treatments.

Using Pantothenic Acid (Vitamin B5) as an Acne Treatment

by Ryan Bauer

How Pantothenic Acid Works

Many people have commented before that I recommend vitamin B5 (pantothenic acid) a lot to acne sufferers. There happens to be a reason for that: It is what cleared my acne. Totally. 100% Eliminated. If you haven't tried it before, I strongly urge you to give it a go, it really is amazing stuff.

Pantothenic acid, also known as vitamin B5, is commonly supplemented in large doses to reduce oil production and help rid your skin of acne. It works like Accutane, in the sense that it reduces oil production. Pantothenic acid, however, works by helping your body to metabolize the fats in your body that later turn into sebum. Accutane actually shrinks the oil glands to block the oil from coming through to your face. Since pantothenic acid addresses the underlying problem, it is, in fact, the more efficient solution.

Let's get into the details of how exactly pantothenic acid works. During your natural metabolism process, your body breaks down fats. When your body lacks enough coenzyme-A, not all of these fats can be broken down, and your body has to get rid of them some how, so they are ejected through your oil glands on your skin in the form of sebum (oil). By creating more coenzyme-A, these extra fats can be broken down with the rest, and oil production will be greatly reduced.

Coenzyme-A is made up of three things: Cysteine, ATP and Pantothenic Acid. Your body takes care of cysteine and ATP by producing it by itself, so vitamin B5 is the only thing that you have to take in through food. By supplementing with pantothenic acid, more coenzyme-A is produced, fats are broken down better, and less oil ends up on your skin. Without too much oil on your face, when a pore gets clogged,

the p. acnes bacteria will have nothing to feed upon and can't thrive to cause acne in the first place.

Considering that pantothenic acid works for more than 90% of the people who take it, including myself, it's a very effective medication. Since it's all natural and water soluble, it's much safer than Accutane, which only works for 70%-80% of the people who take it. It's also more efficient than Accutane, because it eliminates the problem, instead of covering it up by shrinking the glands and trapping the fats inside the body.

Supplementing with Pantothenic Acid

As I've said before, to address a pantothenic acid deficiency, you have to take large amounts of it, up to around 12 grams or so. Not everyone has to take quite that much though, so the recommended dosage is as follows: Start out with around 4 grams per day. Always divide the doses into 4 times per day, spreading them out as much as possible. To prevent stomach irritation, the only known side effect of pantothenic acid, try to take it with food or at least a glass of water.

If the 4 grams doesn't work for you, slowly ramp it up until you start to see results, stopping at around 12 grams. When you find a dose that seems to be working for you, stay with it for about two months straight, continuing to divide the doses so that you are splitting the dose into 4 parts. After those two months or so, you should be able to slack back on it until you start seeing negative results to find out how much you will need to continue to take as a "maintenance dose".

The only thing to watch out for is that pantothenic acid can deplete your body of other B vitamins, so a B-50 complex should be taken with it. Some say you should also take Zinc with it, though I only take B-50.

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Since pantothenic acid has to be taken in large doses to see results, that means you can forget trying to get enough by eating foods high in it, or through a multivitamin or B vitamin complex. You can even forget about taking pantothenic acid pills, since that means you would have to take 20+ pills every day. There's only really one reasonable way to take the amount of B5 you will need to treat acne, which is pantothenic acid powder.

Pantothenic acid pills can't be found in most stores, much less the powder form of it. Some health food stores might have it, but the ones around my area didn't. You might be able to talk to someone at the store and have them order it for you, though it's usually marked up quite a bit. The easiest and cheapest way to get pantothenic acid powder is to just order it online. A Google search will uncover many websites, such as Amazon.com, which sell pantothenic acid powder at a great price.



Ryan Bauer is a former acne sufferer from Springfield, MO. He runs an Acne information website located at <http://www.AcneElimination.com>

Use Essential Fatty Acids to Help Eliminate Your Acne

by Rudy Silva

To eliminate or clear your face of acne it will require you take a variety of health steps. The use of essential fatty acids is but one step. I have identified 10 different steps but will only discuss one step in this article - using essential fatty acids.

Getting sufficient essential fatty acids is of prime importance in clearing acne. It's these fatty acids that help to control the production of excess androgens - the hormones that surge during the teen-age times. It is androgens, which causes excess sebum oil to clog your hair follicle and contribute to creating your acne.

The three fatty acids you need to get daily are:

- omega-3
- omega-6
- omega-9

When you are deficient in these essential fatty acids, you will have,

- A weakened immune system
- Inflammatory disorders
- Poor skin
- Skin eruptions and other wounds that won't heal
- Sebum production increases (this is what happens when you have acne)
- Sebaceous glands size increases

Eating essential fatty acids are necessary to provide you the right oils that are used in the sebaceous glands. These oils can come from straight vegetable oils or from oils in specific foods such as nuts and seeds.

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Here's what you need to do. Use flax seed oil (omega-3 oil) and olive oil (omega-6 oil) in your salad. These are the best oils to eat and are called polyunsaturated fatty acids.

The other oil that is even better for you is called monounsaturated fatty acid or omega-9. This oil is found in avocados and somewhat in olive oil.

Most diets people have contain an excess of omega-6 oil (olive oil), so mostly likely you need to concentrate on getting more omega-3 oil (flax seed oil) into your diet.

You can get omega-3 oil from,

- avocados
- sesame seeds
- pumpkin seeds
- walnuts
- dark leafy green vegetables (spinach, mustard greens, kale)
- wheat germ oil
- salmon
- sardines
- albacore tuna

Or, you can take one to two tablespoon of flax seed oil, omega-3 oil, each day. This will give you the amount of omega-3 oil that your body needs. You can add this oil to your morning cereal, soups, smoothies, salads and other liquid foods.

You can get omega-6 oil from,

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- olive oil
- flaxseed oil
- flaxseeds
- grape seed oil
- pistachio nuts
- olives
- sunflower seeds
- chicken
- evening primrose oil
- pumpkin seeds
- pine nuts

Taking 2-3 tablespoons of omega-6 oil a day will give you the amount of this oil that you body needs.

So, to control those androgens and help your body reduce the creations of acne or pimples start using more essential fatty acids.

Rudy Silva has a degree in Physics and is a Natural Nutritionist.

He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He also writes a newsletter called "natural-remedies-thatwork.com." For more information on the essential fatty acids go to: <http://www.fatty-acid-remedies.for--you.info>

Pineapples: The Healing Fruit of the Tropics (including a Recipe for Pina-Banana-Orange Smoothie)

by Monique N. Gilbert, B.Sc.

For a natural and tasty way to improve your health and boost your healing capacity, add fresh pineapple and pineapple juice to your diet. Pineapples are nutritionally packed members of the bromeliad family. This delightful tropical fruit is high in the enzyme bromelain and the antioxidant vitamin C, both of which play a major role in the body's healing process.

Bromelain, a natural anti-inflammatory with analgesic properties, encourages healing, promotes well-being and has many other health benefits. Bromelain is very effective in treating bruises, sprains and strains by reducing swelling, tenderness and pain. This powerful anti-inflammatory and analgesic effect can also help relieve osteo- and rheumatoid arthritis symptoms and reduce postoperative swelling. Additionally, bromelain can relieve indigestion. The enzyme contained in fresh pineapple helps break down the amino acid bonds in proteins, which promotes good digestion.

Pineapples also provide an ample supply of vitamin C, a commonly known antioxidant that protects the body from free radical damage and boosts the immune system. Vitamin C helps build and repair bodily tissue and promotes wound healing. The body uses vitamin C to help metabolize fats and cholesterol, absorb iron, and synthesize amino acids and collagen. Collagen is one of the primary building blocks of skin, cartilage and bones. Vitamin C also decreases the severity of colds and infections.

Furthermore, due to its high vitamin C content, pineapples are good for your oral health as well. Recent studies have found that vitamin C can reduce your risk of gingivitis and periodontal disease. Besides increasing the ability of connective tissue to repair itself, vitamin C also increases the body's ability to fight invading bacteria and other toxins that contribute to gum disease. Periodontal disease, which destroys gum tissue and underlying jaw bones, has been linked to heart disease, stroke and type 2 diabetes.

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So if you are searching for a natural way to enhance your body's healing mechanisms, promote overall good health and tantalize your taste buds, pineapples are the way to go. Choose the fresh fruit because it has the most healing properties. Unfortunately, most of the bromelain in canned pineapple is destroyed due to the heat used in the canning process.

When choosing a fresh pineapple, do not judge ripeness solely based upon color. There are several varieties on the market that range from green to golden yellow. The most important factor in determining ripeness is smell, let your nose help you decide. Ripe pineapples give off a sweet, fresh tropical smell. Avoid pineapples that give off an unpleasant odor or have any soft spots or areas of dark discoloration. Once home, let the pineapple sit on your counter at room temperature until ready to use. This will preserve its sweet and tangy flavor.

To prepare pineapple, you need to peel it, remove the eyes (the thorny protrusions within the puffy squares of the skin) and the fibrous center. One way to do this is to remove the top of the pineapple with a sharp knife. Then cut the pineapple lengthwise into 4 wedges (quarter it) and place each pineapple wedge horizontally on a cutting board. Carefully cut the fruit from the outer skin, and cut out the eyes and fibrous center core.

Another way is to cut off the top and bottom of the pineapple, place the pineapple vertically (upright) on a cutting board and carefully slice off the outer skin. With a sharp paring knife or the end of a vegetable peeler, remove the eyes. Don't cut too deep, just enough to lift out the section that contains the eye. Then, slice the pineapple crosswise and remove the fibrous core individually with a cookie cutter.

Once the fruit is prepared, it can be diced and eaten fresh, added to salads and entrees for an exotic flavor, or made into tasty tropical drinks and smoothies.

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To get you started, try Monique N. Gilbert's delicious, nutritious, cholesterol-free smoothie recipe. It's high in bromelain, vitamin C, beta carotene, potassium, thiamin (vitamin B-1), riboflavin (vitamin B-2), iron, fiber, omega-3 fatty acids and soy isoflavones.

Pina-Banana Orange Smoothie

Ingredients

- 1 frozen banana
- 1 cup fresh pineapple
- 1/2 cup soymilk
- 1/3 cup orange juice
- 1 tablespoon canned pumpkin
- 1 tablespoon ground flax seeds
- 1 tablespoon honey or maple syrup (optional)

Directions

1. Place all of the above ingredients in a food processor or blender.
2. Blend for 1-2 minutes, or until smooth and creamy.

Makes about 2-3/4 cups (2 servings)

Monique N. Gilbert, B.Sc. is a Health, Nutrition, Weight-Loss & Lifestyle Coach; Certified Personal Trainer/Fitness Counselor; Recipe Developer; Freelance Writer and Author of *Virtues of Soy: A Practical Health Guide and Cookbook*. She has offered guidance in natural health, nutrition, fitness, weight-loss and stress management since 1989.

You can reach Monique at <http://www.MoniqueNGilbert.com>

Smoothie Recipes

from Smoothies Recipes

Smoothies are a fun, easy and delicious way to enjoy the fruits, vegetables and even essential oils that are so important to acne prevention and good health overall.

These 6 recipes are taken from our *Web's Best Ebook*, **Smoothie Recipes**.

You can download the entire **Smoothie Recipes** ebook, which contains **120 more** recipes for delicious and healthy Smoothies, for **FREE** just by **CLICKING HERE**.



BERRY BLISS SMOOTHIE

2 scoops raspberry sherbet

4 strawberries

15 blueberries

5 blackberries

16 ounces orange juice (or juice of your choice)

Put all ingredients in a blender, juice last, then blend until smooth. To add thickness try adding more sherbet or ice to the smoothie. Pour into a tall glass to serve.

CHERRY VANILLA SMOOTHIE

1 cup frozen vanilla yogurt

1 cup apple juice

2 cups frozen cherries

Pour liquid ingredients into the blender first. Yogurt is a liquid ingredient. Add cherries. Put cover on and blend until smooth.

CHOCOLATE BANANA SMOOTHIE

1 frozen banana peeled

6 ounces light (reduced sugar) fat free vanilla or cherry frozen yogurt

2 tablespoons Hershey's chocolate syrup

1/2 cups non fat milk

Put all ingredients into blender. Blend until smoothie consistency is reached!

FLAXSEED SMOOTHIE

1 medium banana or fruit of choice

1/4 cups yogurt or tofu

1 to 2 tablespoons concentrated fruit juice

1/4 teaspoons vanilla

1/3 cups soy milk

1 tablespoon flaxseed oil

1 tablespoon flaxseed meal

Dash cinnamon or mace

Blend all together until creamy smooth.

HONEY OF A PEACH SMOOTHIE

- 1 1/4 cups plain low fat yogurt
- 1 pound ripe peaches, peeled, pitted, sliced
- 2 tablespoons fresh lemon juice
- 1/4 cups honey
- 1/4 teaspoons vanilla extract

Divide 1 cup yogurt among 8 sections of ice cube tray. Freeze until yogurt cubes are solid, at least 4 hours. (can be prepared 1 day ahead, keep frozen.) puree peaches with lemon juice in processor or blender. Add remaining 1/4 cups yogurt, honey and vanilla. Process until mixture is well blended. Add frozen yogurt cubes and process until mixture is smooth and frothy. Pour into chilled tall glasses and serve. 2 servings.

STRAWBERRY LEMONADE SMOOTHIE

Pour into blender:

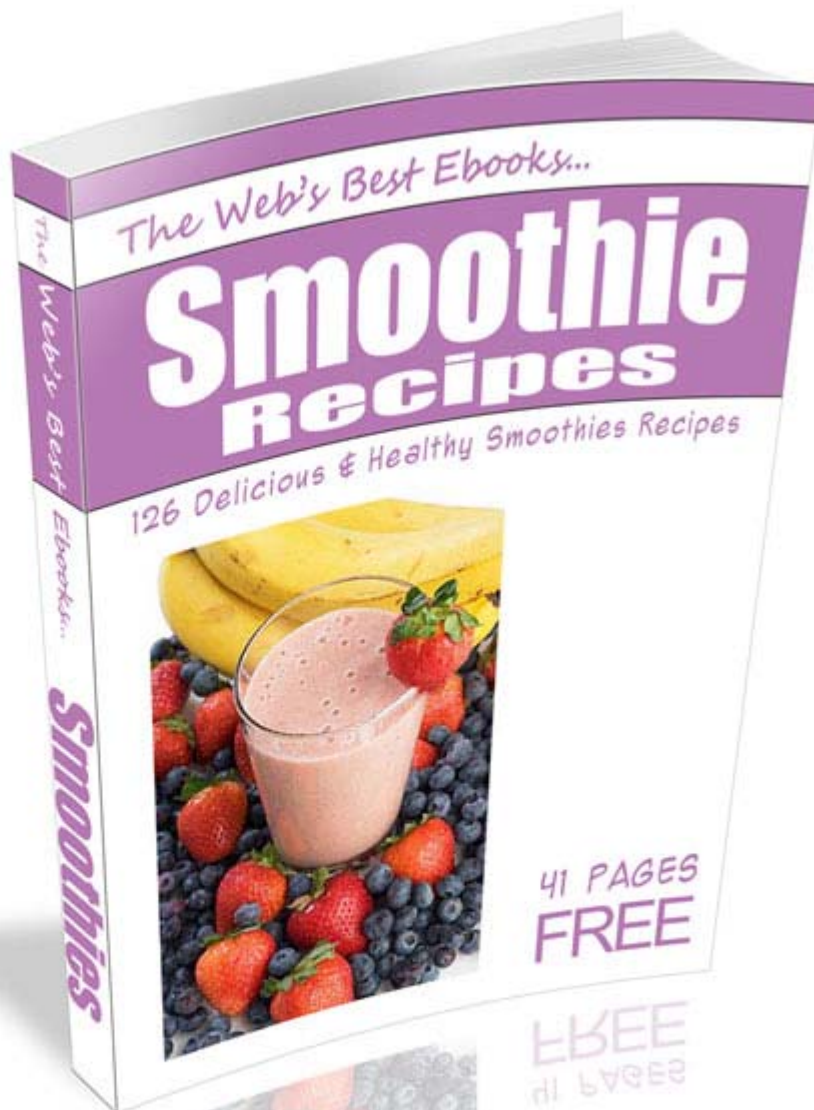
- 1/2 cups lemon juice, freshly squeezed
- 1/4 cups cold water

Add and blend together:

- 1/4 cups sugar
- 3 cups strawberries, sliced and partially frozen
- 2 1/4 cups ice chips

Smoothie Recipes

126 Delicious & Healthy Smoothie Recipes
you can make easily at home.



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