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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A Fruitful Skin Renewal**

**By Jane Simpson**

Imagine browsing through skin care aisles and finding that one, perfect product that boasts of all-natural ingredients. Serendipity, right? Then you go and read the label expecting to find a virtual salad but instead finding yourself reading benzoic acid, butyl stearate, and some totally unpronounceable names. You're no botanist but you're sure that those stuff don't grow on trees. This is because most commercial items meant for skin care nowadays contain preservatives and other chemicals to maintain their consistency and shelf life. Problem is, most of these chemicals can actually irritate more sensitive skin.

What solution is there for this kind of crisis? Simple. Mix your own, homemade skin care line. There's nothing to it as most ingredients are found in your fridge or fruit basket. All-natural skin recipes are easily found in the Internet or even in magazines. Usually, these skin care mixes are composed of a combination of one or two fruits. Combinations like these can include either the fruit pulp, fruit juice, or both. Milk, water or honey are usually added to smoothen the mixture. Add-ons such as oatmeal, wheat germ, brown sugar, and dried herbs are also included for more specialized concoctions such as a pimple treatment, flaking, and oily skin.

Skin care using natural ingredients offers great variety. There are facial cleansers, scrubs, moisturizing creams, and face masks. Don't worry because indications for use are usually found with the recipes. The recipes indicate whether the mixture is for normal, dry, oily, sensitive, and acne-prone skin. Some are even more specialized as blackhead removers or whitening solutions.

Natural skin care routine have many advantages. First, the ingredients are easily available and the choices are great. They are also natural, thus, greatly reducing risks of allergies or skin irritations. Second, the ingredients are cheap, which translates into more savings more you. Third, you can modify the recipes to suit your needs. Since the risks for irritations are minimal, experimentations are relatively safe. Fourth, vitamins and antioxidants are naturally found in fruits, while milk and honey have restorative properties. Therefore, you get the same vitamins found in commercial products while limiting or eradicating chemicals.

## A Fruitful Skin Renewal

As these skin care recipes use natural ingredients they require refrigeration and can only keep for a week. However, it is better to make these in small quantities or batches for immediate use. In addition, these recipes contain natural hydroxy acids and vitamins for direct and instant skin rejuvenation. Also, don't forget to keep fit by exercising, having a balanced, healthy diet and regular sleep. With these pre-requisites and your new skin care solutions, you're on your way to having the healthy skin that can top what science can offer. Now, that's what you call natural.

For more valuable information on Skin Care, please visit

<http://www.eknowitall.com/health/skin-care/>

### **A real Solution for Acne scars**

**By Martha Fitzharris**

After deciding visiting a dermatologist, you may wonder whether prescription drugs are effective for the prevention of acne as well. Experts say that all standard dermatological treatments for adult acne should also be used for prevention.

If topical combination therapy of traditional medicine is unsuccessful, then your dermatologists may suggest that you begin taking oral antibiotics such as tetracycline, erythromycin, or minocycline while using topical creams. They may also suggest that you undergo some laser treatments just to get rid of those acne scars.

Fortunately, there are other ways to do it naturally. There are skin care products these days that have natural ingredients and biological substances that are effective in treating acne scars as well.

However, these acne scar treatments will be useless if you fail to identify the causes of acne. Chances are, it will only re-occur and get back to being a problem once again. So, it's always better to identify its causes before you treat the acne and get rid of the scar.

Some experts explain acne breakouts based on a psychological dilemma. They say that a persistent skin symptom can be a message from your inner self. Stress and an imbalanced diet may be triggering this skin problem.

Avoid stress as it can trigger the accumulation of acne. Try saying no more often, it's just like when your plate is full, don't put more on it. Instead, practice finding some quiet time for yourself and try to rest more on weekends.

Indeed, there are no nippy fixes in treating acne and acne scars. It may involve a lot of processes and products which may vary depending on how you will utilize them or what your doctor will prescribe.

However, the best part of treating them is to stay on the natural side. Use skin care products that contain biological substances and try to maintain a no stressed life. In this way, you will surely obtain that wonderful skin you had before.

## A Fruitful Skin Renewal

Bio Skin Care cream is a natural treatment for Acne scars due to its natural components. Clinical trials have shown that the best skin renewal and skin repair results are achieved when exfoliation of damaged cells is combined with SKIN REGENERATING ACTIVATORS. That's why this cream will resolve your skin problems.

Other reasons:

1. This cream also contains natural antibiotics that fights infection
2. It has natural skin regenerating ingredients that eliminates, if not eradicate, dark or red spots which causes the ugly appearance of scars.
3. It has glycolic acid that facilitates skin renewal.
4. It has vitamins that curbs swelling and irritation.
5. It promotes the elaboration of the two most important ingredients that facilitate skin renewal: elastin and collagen. These two are the one responsible in maintaining the moisture in the skin at the same time preserving its elasticity as the skin is on its healing process.

Martha Fitzharris is a free lance journalist for

<http://www.naturalbioskincare.com>

a website offering a

new biological natural skin care product that activates skin renewal for a healthy skin.



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