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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!

Acne – Enjoy Fresh And Healthy Skin

By Barney Garcia

Acne is a skin disorder resulting from the actions of hormones and other substances on skin's oil

glands and hair follicles. These things often lead to plugged pores and outbreak of lesions more commonly known as pimples and zits. Acne lesions basically occur on the face, back, chest, neck and shoulders. Thus acne is a term for plugged pores [blackheads and whiteheads], pimples and even deeper lumps [cysts and nodules] that appear in different parts of the body.

How does acne develop?

Acne is a disease of the pilosebaceous units [PSUs], which consists of sebaceous glands connected to a canal, called a follicle that contains a layer of fine hair. These sebaceous glands produce an oily substance called sebum that normally empties onto the skin through the opening of the follicles. When the walls of this plugged follicle breaks down, it starts spilling everything like sebum, bacteria and shed skin cells, thereby leading to lesions and pimples.

Factors that make acne worse

Although the exact cause of acne is still unknown, but doctors have a strong belief that they result from various factors. One of the main factors include sudden burst of androgens that occur more during puberty. The factors of acne include heredity or genetics. Children usually have a tendency of getting acne from their parents and often get affected due to usage of drugs like androgens and lithium.

However, there are several factors that can make acne worse:

§Changing hormone levels in adolescent girls and adult women
§Excess secretion of oil after using of skin products like moisturizers and cosmetics.
§Pressure from tight collars, tight sports uniform and backpacks
§Environmental irritants like pollution and high humidity
§Hard scrubbing of skin
§Squeezing or picking at blemishes
§Stress and anxiety

Types of acne

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People suffering from acne can basically have a variety of lesions that can act as a detriment to the skin.

Following are the types of acne:

§Comedo - an enlarged and plugged hair follicle that mainly produces whiteheads §Papules - inflamed lesions that usually appear as small pink bumps on the skin that can appear to be tender on touch §Cysts - deep, painful and usually pus-filled lesions that can cause scarring §Nodules - large painful solid lesions that are lodged deep within the skin §Pustules - papules topped with white and yellow pus-filled lesions that are basically red at the base

How to treat acne?

Dermatologists normally treat acne but often you can use some homemade recipes to prevent severe

acne. You should wash your face at least thrice a day with cold water and a mild cleanser. Using essential oils like lavender, chamomile, calendula, juniper and mint with almond oil on your skin will give effective results. You should also start adding zinc supplements to your diet and avoid caffeine, junk food and salty foods.

Other than these homemade recipes, you can also take prescribed medicines that contain benzoyl peroxide, salicylic acid, sulfur, Azelaic acid, vitamin A, and OTC topical medicines to recover fast from acne.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

<http://www.acne-begone.info>

and

<http://www.acne-killer.info>

and

<http://www.acne-nomore.info>

Best Natural Acne Treatments – Get Rid Of The Acne Naturally

By Ofer Tirosch

Even though natural acne treatments take time to cure, it is found to have a long lasting effect.

Natural cures are the best treatment for acne mainly because they are devoid of any side effects. Acne

Acne – Enjoy Fresh And Healthy Skin

is an inflammatory disease involving the sebaceous glands of the skin. The oil produced by the gland gets clogged and this in turn results in papules, pustules and comedones.

The treatment for acne can start in your home. Changing the diet to include large amount of vegetables and fruits is a proven acne treatment. Skin reflects what is happening inside the body. Avoiding junk and processed food to a large extent can be very useful in the treatment of acne. If followed strictly, change in dietary habits can be the best treatment for acne.

Vitamin A, Vitamin E and Pantothenic Acid are essential for a healthy skin. These vitamins prevent acne and the development of scars. One of the best treatments for acne includes eating food and vitamin supplements rich in these vitamins.

Applying a paste of sandalwood and fresh basil leaves on the face is a proven natural treatment for acne. The clogging of the skin oil which leads to acne is caused by particular bacteria. Applying witch hazel after washing of the face and shower can eliminate the harmful bacteria. Another best treatment for acne is applying a paste of crushed strawberry leaves.

The best natural acne treatments mainly improve the immune system of the body so that it can build up natural defense mechanisms against the harmful bacteria. Cleaning your skin by natural methods can prevent acne to a large extent. While cleaning your skin make sure that you don't use any chemicals. Hydrated skin is a major cause of acne. Drinking lot of water can keep your skin healthy and it also helps in removing toxins. Try to avoid taking nails to your acne as it passes bacteria and leads to scarring.

If followed with care and attention, the best treatment for acne is through natural means.

We have made the most comprehensive research to find the best acne treatments. Find the results only on

<http://natural-acne-treatments.acne-treatments-advice.com>

. More valuable acne info on

<http://www.acne-treatments-advice.com>



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