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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 Cure For Sure!

By John Rivers

If you are already tired of your acne, you may resort to finding expensive acne treatments or you may try some surgical procedures. But these things are so expensive and you don't know if both will be successful.

Here are some easy tips for acne cure and avoidance:

1. Regular Exercise

Regular exercise can help in acne cure by fighting off negative stress intensity that can come from negative confidence and depression. But avoid wearing tight nylon exercise outfits. These synthetic fabrics that tend to trap body moisture and heat, creating an ideal environment for bacteria to grow. Stick to loose clothing made of cotton or natural blends, and keep your sports gear and equipment clean.

2. Using Safe Cosmetics

To avoid the clogging of pore and skin irritations that can contribute to acne, use products labeled "oil-free". Select "hypo-allergenic" perfumes and cosmetics to avoid allergic reactions and skin irritation. This may be the best acne cure for women.

3. Have a Healthy Diet

What is best for your body is best for your skin. Don't forget to eat the right kind of foods that are less in oil and carbohydrates. Make sure you get enough vitamins and minerals that have been recommended to prevent and help acne cure. Some of these vitamins and minerals are Vitamin A or Retinol (High doses are toxic), Vitamin B Complex, Vitamin C, Vitamin E, L-Carnitine, and Zinc.

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4. Drinking plenty of fluids

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Drinking plenty of fluids throughout the day helps cleanse our body internally. We know that acne cure can start from within. Fluids, especially water, can wash away the dirt inside our body.

5. Hormonal Treatments and Healthy Skin Regimen Hormones during later years, especially for women, can play a role in acne cure and prevention for teen years. For adults oral contraceptives or hormonal birth control pills may be helpful for women, combined with systemic or current treatments, prescription or over-the-counter medicines.

Avoiding harsh scrubbing or over-washing is a good acne cure, because this can cause possible skin irritation or possible over production of oil to replace what's washed off, clogging pores in the process. Use products with gentle exfoliation ingredients and skip products that contain alcohol.

6. Shaving

Shaving is actually an excellent way of exfoliating or removing dead skin to help acne cure and prevention instead of leaving the remains to clog pores. Shaving can help remove whiteheads and blackheads from the face. Do not shave areas that are sore or infected. Use a shaving cream for sensitive skin. Gentle swipes instead of heavy pressure and go with the flow or "grain" will be good for the skin. A single-edged blade is better than a twin-blade razor.

7. Stress

Stress includes external and internal stressors. External Stressors are those that compromise your skin's ability to heal, like oily make-up and too much sun. Internal stressors like worry, fear, low self-esteem, depression and a variety of other emotions, can trigger chemical reactions inside your body that can result in acne outbreak and other skin irritations. To combat internal stressors and prevent acne problems, get plenty of rest and sleep. Try to maintain regular hours.

These are just some ways of acne cure that can help prevent acne outbreak in teens and adults. Always remember that healthy living is the key for a healthy skin.

John Rivers is the owner of Skin Care Helper. Providing patients and health care professional with up-to-date information on the treatment and management of disorders of the skin.

<http://www.skin-care-helper.com>

Acne Alternative Treatments

By Oliver Turner

There is no clear account of the number of people suffering from acne. But the sale of medicines for acne is on the increase and this suggests that there is an increase in the number of people having acne. Acne is caused mainly due to the clogging of the oil generated by the skin. This clogging is initiated by a particular type of bacteria. Most treatments and ointments available for acne concentrate

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more on removing the scars. This means that the bacteria responsible for acne still remain there. This has led to people looking for alternative acne treatment. Most of the alternative acne treatment mainly tries to eliminate the bacteria responsible for acne.

One of the greatest advantages with the alternative acne treatments is that they are devoid of side effects. There are several herbal combinations that have proven track record of curing acne. One such herbal combination is the paste made of basil leaves and sandalwood. Another popular alternative acne treatment is the application of the paste made of strawberry leaves. There are several other herbal combinations available in the market that can effectively cure acne.

The main reason for the cause of acne is the deficiency of essential vitamins needed for the skin. Deficiency in Vitamin A, Vitamin E and Pantothenic Acid can lead to acne. Taking large amount of vegetables, fruits and vitamin supplements can cure acne. There are several cures of acne in naturopathy. Herbs, skin cleansers and vitamin supplements are the main treatments for acne in naturopathy. Another advantage of alternative acne treatment is that they are less costly.

Acne light treatment is another new alternative acne treatment. In this method ultraviolet rays are used to clear the acne. Alternative acne treatment requires cent percent dedication from the patient. Unlike other form of treatments, some of the alternative acne treatment requires strict following of the regiment. It is wise to take professional opinion before opting for any of the alternative acne treatment.

Our experts have executed a research to find the best acne treatments. Find the results only on

http://www.leandernet.com/Acne/Acne_treatments.php

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