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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 Facts And Treatments

By Kelly Gillis

One of the worst times in a young teenage life is undoubtedly when she or he starts with an acne

flair up. This can make a shy and awkward child even more shy and awkward and in our society where every young girl thinks she should look like Brittney or Lindsay, and every young boy a young Tom or Brad acne can really wreak havoc with a young developing self esteem.

Doctors and researchers are no longer calling a diet of chocolate and greasy food the culprit. It has been shown through research that the types of food eaten seem to have little effect on acne. Another myth that has been busted over the years is that blackheads and acne are caused by dirt. Not so.

One of the major causes of acne is now thought to be rising hormone levels. Hormones found in both sexes increase during puberty and are thought to enlarge sebaceous glands and increase oil (sebum) development. Acne forms when the pores get blocked and sebum cannot drain to the surface of the skin. When the sebum gets blocked, bacteria growth starts. Acne bacteria is called propionibacterium acnes. Some researchers think that acne may be hereditary and can be inherited from parents.

There are some external causes for acne. Heavy or greasy make ups can cause acne flair ups as can high humidity. Some prescription medications may have a side effect that causes acne.

Acne can be characterized in two ways, light to moderate or severe. Light to moderate acne is characterized by blackheads, whiteheads and papules. A severe case of acne would include cysts and nodules.

Most cases of light to moderate acne can be treated by over the counter medications. There are many to choose from. Some acne sufferers find that benzoyl peroxide or salicylic acid works well, and benzoyl peroxide is known to readily kill the acne bacteria. Benzoyl peroxide can be found in cleansers and in spot treatments. Benzoyl peroxide is very drying and can make your face look even more irritated, especially when you first start washing with it. Many acne sufferers use a moisturizer on their face after washing. There are many moisturizers available that are specifically designed to help with acne such as Cetaphil, Eucerin, and Neutrogena.

Acne Facts And Treatments

It is suggested that you wash at least twice a day. Never squeeze or pick the blemishes on your face and don't wash with a washcloth, use your hands. A washcloth can irritate acne and actually make it worse.

Severe acne, or acne that has not responded well to over the counter products, is most successfully treated with the knowledge and expertise of a dermatologist. A dermatologist will consider many things before suggesting treatment such as severity of acne, patient age, lifestyle, and co-existing conditions. The dermatologist then may suggest a combination of two or three different therapies for best treatment.

The earlier that acne is treated, the better it will be. With all the treatments available, there is one that will be right for you.

This article provided courtesy of

<http://www.acne-treatment-guide.net>

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 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. Once 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

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