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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: Not Only A Problem Of Teens

By Cass Richter

A common misconception about acne is that it is a syndrome of the teenage days. But in reality,

acne is extremely common in the latter phases of one's life. For instance, for a number of women acne is one of the menopausal syndromes, just the same way they are the part of puberty. The hormonal imbalance relating to pregnancy of taking birth control pills also lead to appearance of acne. Some women even experience the occurrence of acne before every menstrual circle.

>From the dermatological perspective, acne is the result of blockage of the pores of your skin. Excessive oiliness, caused by excess production of oil in the sebaceous glands leads to accumulation of dead cells on the openings of the pores which in turn become the breeding ground for bacteria. This bacterial invasion results into inflammation and red spots. Now excessive oiliness is mainly a result of hormonal imbalances with a high level of androgen and testosterone hormones. Then hereditary factors and use of wrong cosmetics are also two common causes behind development of acne in some people.

Acne is a skin irruption that may take many forms ranging from a small red spot to large, painful, pus filled and swelled cyst. Generally, we all suffer at some points of our lives from milder form of acne. These do not leave any scar. Even if there is any scar, it disappears naturally over time. But there are people who suffer from acute acne, which in dermatological terms are called Nodulocystic, leave sign of deep scars in the skin in most cases.

Medical science has not been able to discover any medication that can help in complete prevention of acne. But the good news is that there are different types of treatments which work for reducing the severity of the acne so that it does not create scars and the risks of infection are also avoided. The general objective of various types of acne is same at the basic level. They all fight against the common factors leading to acne. They are aimed at reducing the oil production and excessive thickening of dead cells at the follicles. They also prevent bacterial invasion, and reduce inflammation. You can get some of these medicines over the counter, while others are prescription medicine. In addition to topical ointments, the oral medicines are also used in the treatment of acne. In recent times, vitamin b-5 based medication has become quite popular, while medicines of Isotretinoin group are prescribed for the acute cases of acne.

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To get the best result from any of the treatments, stick to a healthy and hygienic lifestyle. Wash your face adequately with pH balanced soap free cleansers and keep the system hydrated by plenty of water. Go for a nutritious and light diet to keep the liver and other organs on their best state.

Visit the following sites for more info on acne treatments and solutions.

<http://amazing-acne-treatment.info>

,

<http://acne-medicine.acne-remedy-spot.info>

and

<http://acne-remedy-spot.info>

How To Adequately Do An Acne Body Wash

By George Andrew

If you're very much like me, you not only have acne in your face now and then, but in all your body as well and that is not fun.

The amusement of acne body clean knows no restriction. They come in completely unique sizes, forms, colors, smells, and flavors. Let's see, okay, Not sure of the flavor part, but there for a fact is a wide types of acne body clean to get from. I have preference for specially those that use salicylic acid. Different acne body wash can be found on the net like ZENMED Botanical Body Acne Wash. Once in the bath, use this thing to wash the Botanical Acne Mask off with.

This body wash is a good cleansing agent supplemented with all-natural ground Walnut Shells to help the skin an invigorating exfoliation while taking more blood flow in the localized area. One more time, high grade Salicylic Acid the same way as no irritating clean upsing agents are used to raise the effects of this absolutely effective cleanser. Your skin will be softer and softer, and acne will clear up incredible faster than ever in your life. Murad Acne Body Wash work hard to control body problems. A triple-action body wash that features very fine grained date seed powder, salicylic acid, and triclosan to exfoliate, sharp clean pores, and it avoids future breakouts.

Sometimes it seems to help some if i try to use lotions and other skin care selling goods in addition to an acne body wash. I really like using ones with aloe vera and vitamin E. if i utilize lotions like these just after using an acne body wash, Sometimes it seems to boost the overall anti-acne effect. Everything else in the wash is just for style points. More information about acne body wash consumer products can be browsed on the world wide web at yahoo.

Remember that Acne is more Frequently found in Teens and young people, if you dont take care of this problem it can translate in depression for teens that do not feel confident about their appearance.

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So you body wash and look for the professional help. Nobody like scars and imperfections on their face.

To find more information on acne tips visit:

<http://www.naturalcuresnews.com>



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