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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 Program – Step 8 Vegetables to Eat and Drink

By Rudy Silva

Eating and drinking vegetables is necessary for good health and for keeping your skin free from acne. Most people don't eat enough vegetables and seldom drink their juices. Here is a list of vegetables and their juices that you need to eat and drink daily to help eliminate your acne.

Vegetable juices

Vegetable juices are absorbed quickly into your bloodstream. As a result, your cells are quickly provided with nutrients that feed them and that wash away waste. Vegetable juices give you the opportunity to get quick relief from various body conditions such as acne, skin disorders, and constipation.

Eating and drinking vegetables provide you with minerals and nutrients that build your blood, tissue, bones, and cells. It is minerals that build every part of your body. It is minerals that keep your body's pH at the required level. It is minerals that keep your body alkaline by neutralizing body acids. Concentrate on putting minerals into your body by eating and drinking plenty of fruits and vegetables.

Carrot apple juice

Drink carrot juice every day. I like drinking carrot juice mixed with apple juice. My stomach can handle this combination better.

Carrot juice contains many vitamins and minerals. It is high in beta-carotene. Carrot juice will enhance your skin's health and help you eliminate acne.

Carrot, spinach, and apple juice

A combination of carrot, spinach and apple juice is a powerful drink for cleaning the colon, relieving constipation and improving your skin conditions.

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To make this drink, juice 3–4 carrots and a bunch of spinach. Then add juiced apples to make this drink more drinkable.

Vegetables

The word phytochemicals is used frequent here. Phytochemicals are all of the chemicals that exist in vegetables and fruits. There are so many phytochemicals that scientists have yet to investigate and learn about all of them.

Here are the vegetables that you should be eating the most of, so you can support the cleansing of your face and eliminating acne.

* Carrots – contain a rich source of vitamin A–like carotenoids. These phytochemicals have been shown to enhance the health of skin and repair it when it is damaged. * Cabbage – helps to detoxify the body of harmful chemicals from the air and food additives. * Celery – helps to reduce nervous

tension. It contains many minerals that help to neutralize body acid waste and is high in fiber * Cucumber – helps to reduce acne problems because it is high in silicon and sulfur. It is also a diuretic which helps flow more water through the kidney to clean out your blood * Broccoli – is rich in beta carotene, a precursor to vitamin A, which is good for the skin * Garlic – is a natural antibiotic and will help relieve skin bacterial infections * Green pepper – The nutrients in green peppers are good for liver health and constipation. Its minerals are good for neutralizing acid waste. * Radishes – help to digest your food. Good digestion is necessary to avoid constipation and to keep the liver and pancreas strong * Sprouts – provide plenty of vitamins and minerals, which help to reduce body acids * Watercress – helps to prevent vitamin and mineral deficiencies at the skin surface. It provides Vitamin A, B1, B2, C, iron, manganese, copper, and calcium.

Look this list of vegetable over, make a list of them, and head for your favorite store, or farmers market. Concentrate in eating and drinking these natural products and you will see results in your health and a decrease in your skin disorders.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He writes a newsletter call "natural-remedies-thatwork.com." More acne hints and information on his acne e–book can be found at:

<http://www.acne-remedies.for--you.info>

How To Deal With Acne

By Robert Michael

People who suffer from acne know that it is no laughing matter. Having bad acne can lead to shyness, under–confidence and insecurity so any product on the market that promises to solve acne problems is sure to be popular. However, if you are an acne sufferer then there is some good news; when you are

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in the later years of your life, your skin will be wrinkle-free. This is because acne sufferers have oily skin and these active oil glands will be of great benefit in later years when the skin loses its elasticity.

Acne is usually found where the oil glands are more active and where the skin has more pores. The pores are the holes where the body hair comes through, and the oil glands that are around these pores secrete sebum. The sebum may be produced in excessive amounts and this combined with any grime that is on the skin, will develop into acne.

The other thing to remember about acne is that it will clear up. Most people do suffer with acne when they are a teenager, but the acne will lessen as you get older, and having wrinkle-free skin in the later years in life is a great thing to look forward to!

Many people will try an array of products to try and get rid of acne. But you do not need to use expensive toiletries or cosmetics to help acne. There are a few basic things that you can do to help clear up acne and calm the skin down. Firstly start with a cleaning regime that you do everyday. By strictly keeping the skin clean, by cleansing toning and moisturising you will help your acne. You don't need to use very expensive products for this; just by cleaning and toning your skin everyday should help with your acne.

The other thing that you can do to help with acne problems is look at your diet. It is always important to have a healthy diet, and this can be of great importance where acne is concerned. Make sure you have a varied diet and eat an array of all of the food groups.

Drinking plenty of water and eating a lot of fruit and vegetables will help not only your health but also your acne. Another great way to combat acne is by doing exercise. Increasing the blood flow to the skin will help with acne, but it is important to remember to keep clean when exercising and shower before and after.

If you make these simple changes to your life you will feel the benefit and you will also see an improvement to your acne. Acne can be a real problem but if you do all that you can by changing what you eat and how you exercise you will soon see an improvement in your acne. It's important to remember that acne does not stay forever, so no matter how bad you think your acne is now, it will get better.

Robert Michael is a writer of Lowr Acne which is an excellent place to find acne links, resources and articles. For more information go to:

<http://www.lowracne.com/>



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