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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 Skin Care – How To Clear Up Those Embarrassing Blemishes**

**By Ken Black**

People of all races and ages get acne. It is most common in adolescents and young adults. Around

85 percent of people between the ages of 12 and 24 develop the disorder. Nearly 17 million people in the United States have acne, making it the most common skin disease.

For most people, acne tends to diminish by the time they reach their thirties; however, some people in their forties and fifties continue to have this skin problem. I remember when I used to get acne myself. Was that annoying. And it sure ruined my social life, that's for sure. There is nothing more embarrassing than going out in public with acne all over your face. You know people are staring at you. You know they don't want to get near you because of those ugly marks on your face. I think they think it's contagious, which is not true at all. It's a good way to lose friends quickly. So, how did I get rid of my acne ? Well, before you can clear up your skin, you should know exactly who the enemy is and what you're up against. Here's a summary for you and some real honest to goodness solutions. It worked for me and it will work for you too.

What is Acne?

Acne is a disorder resulting from the action of hormones on the skin's oil glands (sebaceous glands), which leads to plugged pores and outbreaks of lesions commonly called pimples or zits. Acne lesions usually occur on the face, neck, back, chest, and shoulders. Although heredity may be a cause of this problem, it is more associated with hormonal levels and how you care for your skin (e.g. rubbing your skin too much will cause it). Chocolate and greasy foods are often blamed, but foods seem to have little effect on the development and course of acne in most people. In addition, dirty skin does not cause acne and neither does stress. How Is Acne Treated?

You can buy over the counter medicine (OTC), see your family doctor, or a dermatologist (skin doctor).  
Over-the-counter(OTC) Medicines

Benzoyl peroxide, resorcinol, salicylic acid, and sulfur are the most common topical OTC medicines used to treat acne. Topical OTC medications are available in many forms, such as gel, lotion, cream, soap, or pad.

## Prescription Topical Medicines

Several types of prescription topical medicines include benzoyl peroxide, tretinoin, adapalene, and azelaic acid.

Some people develop side effects from using prescription topical medicines including stinging, burning, redness, peeling, scaling, or discoloration of the skin. Prescription Oral Medicines

Oral antibiotics are thought to help control acne by curbing the growth of bacteria and reducing inflammation. Examples are clindamycin, erythromycin, sulfur, or isotretinoin. Some people experience side effects when taking these antibiotics, such as an increased tendency to sunburn, upset stomach, dizziness or lightheadedness, changes in skin color, and dry skin.

## Other treatments

There are lazer treatments for rare serious cases and there are safe and natural herbal medications that work like over the counter medications, but often with less side effects. How Should People With Acne Care for Their Skin?

\* Clean Skin Gently with a mild cleanser 3 or 4 times a day. \* Avoid Frequent Handling of the Skin. \* Shave Carefully. \* Avoid a Sunburn or Suntan. \* Use Non-Oily Cosmetics. In summary, there are many treatments out there for acne skin problems. Talk to your doctor if you're unsure what to do. Try some of the suggestions mentioned here. In no time at all, you'll look better, feel better, and you'll be back out there enjoying your social life, your friends, and your family much more.

Ken Black is the owner of Skin Care Reviews, a website specializing in Skin Care Information & Product Reviews,

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

## **Its Time To Say Good Bye To Acne And Blemishes Once And For All!**

### **By John Wellington**

What comes to mind when you hear the terms acne and blemishes? Do you picture a pizza faced boy from your high school class? Or maybe your personal affliction with acne and blemishes comes to mind. The truth is the majority of us human beings are afflicted with this skin disorder and nothing is going to change that. It basically comes down to how you care for your skin.

Are you a sufferer? Come on, all of you out there who feel afflicted, go ahead and raise your hand. You surely know what I'm referring to. You can't help but wince at it every time you glance in the mirror. Yep, it's all about the acne and blemishes. You want to just obliterate them into oblivion, don't you? I mean, why in the heck did they have to take up residence on your face anyway? You certainly didn't invite them here. Well, don't get too bent out of shape.

## Acne Skin Care – How To Clear Up Those Embarrassing Blemishes

Find out what level of acne and blemishes you're grappling with. Most likely the doctor will offer you a prescription for one of those new-age acne treatments. Differin is a major one now days. It's a topical cream that's smeared on the face in order to battle bacteria and keep new acne from forming.

Sure there are folks out there with flawless complexions, who tend to get you down. But, the good news is that you can say bye bye to those irksome acne and blemishes once and for all with the proper skin care system. Get that complexion you're so envious of. It's time to stop dealing with the battles and start winning the war.

What are you currently using to battle those nasty acne and blemishes, and keep them in check? You want them to vanish and not leave any confidence-breaking aftermath behind. Well don't just sit there and ponder how great it would be to be acne-free. Get up and do something about it. Your first notion may be to see the local dermatologist. This is a great way to assess your situation.

If your acne and blemishes are too far out of hand, you can also acquire an oral prescription. This will aid you in the battle against ruthless pimples and zits. And don't forget to jump online and see all there is to offer. A number of acne treatment kits are available in cyberspace, and need no prescription. Possibly one of these remedies would be choice for waging war on your acne and blemishes.

John Wellington provides readers with up-to-date commentaries,

<http://www.natural-acne-removal.info>

,

and reviews for health,

<http://www.free-acne-treatment-class.info>

, and other related information.



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