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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 & Wrinkles at my age?

By Naweko San-Joyz

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Puberty brought bouts of acne. In your 20s, finding Mr. or Mrs. Right was of chief consequence. When the 30s hit, you worked to raise little Johnnie or Suzie to be a model kid. Now that your hitting the fabulous 40s, you should be coasting through life, right. Well, why are you suddenly dealing with the cosmetic double whammy of acne and wrinkles? Even your insurance company figures that you should have gotten rid of acne by the age of 25.

The number people over 30 needing acne treatments has climbed to the extent that a report published in Journal of the American Academy of Dermatology recommends raising the age for insurance coverage of the acne drug tretinoin to at least 40. The authors of the report, Drs. Steven Feldman and Alan Fleischer, add that many insurance companies refuse to pay for tretinoin prescriptions for patients older than 25.

Cosmetic Catch 22

Even if your insurance company leaves you to fend for yourself, you still have options for freeing yourself from acne and wrinkles. At first, coping with acne and wrinkles may seem like a cosmetic catch 22. Do you dry your skin with acne cleansers containing benzoyl peroxide and salicylic acid, and worsen your wrinkles? Or, do you smear on the moisturizer to smooth the wrinkles, but cope with the zits brought on by the extra oil or sensitivity to a new product?

There's a smarter way to handle acne and wrinkles.

1. Interpret the acne
2. Allow your skin to improve as you use self-awareness to remove zits.

Interpret the acne

While dealing with acne and wrinkles, target the acne first because acne is an autoimmune disease. Having an autoimmune disease means that your thoughts, emotions, and/or environment are affecting you in an adverse way and require immediate attention. Thus, acne may reveal that you need to relax more, change your eating habits, reframe your interpersonal dialogue, stop dating that jerk from the office and/or make another beneficial alteration to your lifestyle.

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Zits arrive on your face to report on some unpleasant activities within your body and life. Once you get feedback from these zits, you can take action to send the zits away while augmenting your health in the process.

Acne is usually an indication various hidden or overlooked health problems. Here's a sample of the questions you should ask yourself when dealing with acne so that you can unravel the mystery behind your zits. Are you:

Regular?

About 70% of your immune system is located in your intestines. If this area is blocked with waste, your immuno–defenses are down. So, instead of waste leaving your body via the rectum, it chooses to leave

through the skin. Waste leaving the skin can cause an infection that presents itself as acne.

Tense?

Tension likewise reduces the vigor of the immune system. Take a few deep breaths throughout the day to calm your body. Take a long walk in the fresh air to wind down.

Eating nutritionally?

Cases of acne have been improved with consuming foods containing zinc, essential fatty acids, vitamin A and a host of other nutrients. All of these vital nutrients are available in leafy green vegetables, fruits and olive oil.

Worried about unresolved issues?

Not resolving personal issues creates conflict and tension in the body. Again, these issues must be addressed to avoid undue stress within the body.

Exercising daily?

Exercise reduces stress and gives you an opportunity to subconsciously contemplate challenges that you may be facing. Physical activity also keeps your muscles and intestines toned, which keeps encourages regularity.

Changing pillowcase frequently?

Using a dirty pillowcase aggravates an acne condition. Your face naturally secretes oils during the night. These oils are sticky. So if you pillowcase if dirty, you are allowing your face to collect extra waste during the night, which could further clog your pores.

Moving or changing your job/career?

New demands or feelings of lose can sometimes accompany change. Transfer these emotions into something constructive by writing in a journal or envisioning how these changes are going to benefit you. Find comfort in these changes and opportunities for new beginnings.

Experiencing excessive facial hair growth and erratic periods?

Conditions such as acne, excessive facial hair, and erratic periods could indicate an androgen disorder or other underlying hormonal imbalances. Your doctor can provide you with a series of endocrine tests

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to ascertain your hormone levels and what corrective actions you should take. Ricardo Azziz, M.D, who serves as Chair of the Department of Obstetrics and Director of the Center for Androgen-Related Disorders at Cedars-Sinai Medical Center, estimates that 80 percent of women with excessive androgen levels suffer from an endocrine disorder called polycystic ovary syndrome (PCOS). Dr. Azziz adds that women with PCOS often have insulin resistance and are at increased risk for developing Type II diabetes, hypertension and heart disease.

Once the acne is under control you can move on to the wrinkles. Another reason for treating the zits first is because if you alter your lifestyle in such a way as to free yourself from acne, and you do this in a healthy and patient fashion, you will actually lessen the number of wrinkles you have.

Health is wholeness and beauty is a reflection of robust health. You'll never buy robust health in a jar. It is a mind, body, spirit and environmental support system that garners full-bodied health. Let's look at what you actually need from a "beauty cream".

Face Cream Education

There are five basic ingredients in any given anti-aging or anti-wrinkling cream.

1. The oil or moisturizer
2. The preservatives to keep the cream from spoiling.
3. A scent or flavor
4. A color
5. The active ingredient.

Only one of these components is essential, the oil. The preservative is only needed to keep the cream useful. Your face does not need preservation because the skin is alive. Since some people have allergies to scents and colors in cosmetics, the body says that these two ingredients are not necessary. The active ingredient is usually the latest cosmetic drug or multivitamin that is supposed to lift or dramatically reverse your age by 5-20 years.

Researchers S. Jay Olshansky, Leonard Hayflick and Bruce A. Carnes bluntly comment on the antics of cosmetic companies in their report *No Truth to the Fountain of Youth*, published in the June 2002 edition of *Scientific American*. The authors warn everyone aiming to reverse the signs of time on their face that, "... anyone purporting to offer an anti-aging product today is either mistaken or lying".

I bet you are thinking, "Won't that oil make acne worse?" The answer is not if you are using the right oil. Some essential oils such as bergamot, lavender, lemon, neroli, sandalwood, tea tree and ylang ylang have cleansing and antibacterial properties which help combat acne infections. Other essential oils like geranium, clary sage and orange regulate the production of oil on the face. When mixed with a carrier oil such as jojoba or camellia, these essential oils are ideal moisturizers.

Nothing that you put on your face will truly change your appearance. Creams are useful, but they are only one instrument in an orchestra of anti-aging concerts. Health starts on the inside. If you want to improve your beauty start with how you treat yourself and feed yourself. I mean not only what foods you eat but what thoughts you eat.

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You may eat thoughts of the sort, "I can't...", "I had a stressful day", "I'm tired of...", "I can't wait until...", "I'm getting old", "My body isn't as healthy as it used to be". The menu is endless. If you want to look young and healthy, you have to think young and healthy thoughts. Here's steps to jumpstart your quest:

Start by changing your thinking. Develop your own youth model, i.e. with steps you'll take to maintain your vitality and stick to it.

Enjoy nutritious foods. A study in the Journal of American College of Nutrition found that eating a variety of fruits and vegetables and using olive oil every day could help keep wrinkles away. The researchers found that people who ate a diet rich in green leafy vegetables, beans, olive oil, nuts and multigrain breads, while avoiding butter, red meat and sugary goodies, were less predisposed to wrinkling. Researchers believe that antioxidant vitamins, such as A, C and E, which are found in fruits and vegetables, may help protect the skin from environmental damage.

Use a gentle cleanser each day.

Steam your face everyday for 5–15 minutes, especially if you have acne. The steam removes waxy build-up on the skin while it stimulates circulation. This combo of benefits cleans to pores to reduce the possibility of acne while firming up the skin and facial muscles.

Exfoliate your skin daily.

Moisturize your face in the morning and evening with natural oils. In addition to the acne fighting oils listed above, you can mix essential oils such as frankinsense, myrrh, neroli and rose to help encourage the growth of new skin cells. You can create a moisturizer by diluting 1–3 of your favorite essential oils in a carrier oil such as jojoba or camellia oil in a ration of 1 part essential oil to 3 parts carrier oil.

Massage your face daily when you apply your facial oil.

Lie down on an incline bench for 5–20 minutes each day to let the blood flow to your head.

Wear a sunhat in the sun.

Give yourself a light skin peel once a month.

Finally, forty can still be fabulous and your beauty–plan a lot less enigmatic. Just remember the basics, interpret the messages of your zits, and educate yourself about wrinkle creams– you don't need them.

<http://www.noixia.com>Naweko San–Joyz is a graduate of Stanford University. She recently published "Acne Messages: Crack the code of your zits and say goodbye to acne". To challenge and verify her research, San–Joyz trains for figure competitions. She currently writes health articles from her home in San Diego.

Don't Spend Money on Acne Remedies. Fight Acne Naturally!

By Scott Green

Acne is commonly a skin condition that is seen as whiteheads, blackheads, pustules or infected and inflamed nodules. Acne often is found on a persons face, chest, neck, and back. While many acne types usually affect the teenagers, various acne conditions are not restricted to a particular age group; even adults in their late 20s or even well into their 40s - have the possibility to also suffer from acne. Though acne is not life threatening, it can cause unwanted permanent scarring and cause emotional distress if it is not treated properly. People with Acne problems often tend to be more self-conscious about their appearances when having outbreaks or blemishes.

Instead of having you dig deeper into your pocket for various types of expensive Acne Treatment remedies, you should attempt to fight acne naturally by avoiding your pores to get clogged. For many people with acne outbreaks, it is about avoiding the common acne outbreak. Just by following some of the simply steps listed below, people that often have outbreaks can dramatically decrease their chance of another acne outbreaks:

By not touching your face with your hands, including popping the zits.

By washing your skin with a mild soap, acne cleanser such as Proactiv Solutions

By avoiding stressful situations

By allowing your skin to breath; wear loose clothing

Scott Green has extensive experience in the Dermatology field and shares his knowledge openly on his very resourceful site

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