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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's upsetting zits**

**By Martha Fitzharris**

Acne is a type of skin disease that is mainly caused due to excessive secretion of oil, produced by the sebaceous glands in our skin. Basically, the function of this oil is to regulate the skin texture and body hair by reasonably moistening it.

Problem presents when an excessive of lubrication is produced by these skin glands (due to hormones), you easily become prone to development of congested pores on the skin surface. These pores give rise to various skin bumps such as cysts, blackheads, whiteheads, pimples etc.

You may think witch is the difference if they are all ugly bumps?. They are classified by their nature. Cyst is a condition where your skin is covered with a tiny sac that is filled with fluid. In the case of whiteheads, the pores get blocked with sebum and protrude slightly outward. When the pores stay open and are filled with sebum, they get darkened from the outside surface and it is called blackhead. It is known as a pimple, when the pores get exposed to a different kind of organic matter such as bacteria and other germs.

If you are 20 and you also taught that you left this "teenager problem" behind....you are wrong! This skin disease is commonly found between the age group of 10 to 40 years. Fortunately, now you can find quicker treatment than years ago, if you have thorough knowledge regarding the causes and how they should be treated. But you have to know that some

These zits you may want to improve are commonly caused by normal hormonal fluctuations in our bodies causing Acne. They are commonly found on the face or on body areas like back, scalp and neck. Evidently, they make you uncomfortable as they sometimes hurt.

We all know that we are sometimes tempted to popping, picking these zits. Avoid doing that as they will only makes things worse and can cause even more to sprout out. If you do so you will only get an ugly and permanent scar.

Acne problem has the characteristic to keep coming back. And as for everybody appearance is important, you would easily think of medicines and some invasive procedures for their zits to be gone

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in the shortest time possible. Be careful in choosing the best product or method as possible, consult with your doctor and read the label of the products. Use only products with natural ingredients. Some of these bacteriacide tend to cause you more skin problems and even worsen your problem.

If you really want to know what's the cause of these zits go to a dermatologist. Despite your friends and mom say that chocolates, pizza or French fries causes the pimples to pop up, you have to know that you don't just get pimples from what you eat, unless you are allergic to something. Ask your doctor, he will lead you to understand which are the probable causes and the preventive measures to prevent you from getting more of your zits and other acne related problems.

The doctor can give you preventive measures and medicines concerning your zits and acne and eventually you will grow out of them. Most importantly, zits do not make you ugly or gross and everyone gets zits so you don't have to be ashamed or have fear or even have low self-esteem just because you have acne or zits. The distressing truth is that zits and acne will persist well into

adulthood so you better get used to them from the start they appear on your skin.

Fortunately you don't have to get use of those Acne scar as there is a natural product that may give you an effective solution to them. Bio Skin Care cream is a product able to increase the body's natural healing processes triggering the healing of those blemishes.

After two weeks using it twice a day, the skin looks younger, firmer and lustrous, and continues improving with each successive treatment.

With the use of BIO SKIN CARE Cream acne inflammation is kept at bay. Also damaged cells and toxins are dissolved, hair follicles are cleaned of debris, germs are destroyed, new collagen and elastin and water holding cells are formed to repair skin damage.

Martha Fitzharris is a free lance journalist for

<http://www.naturalbioskincare.com>

a website offering a

new biological natural skin care product that activates skin renewal for a healthy skin.

### **How to outsmart zits**

**By Naweko San-Joyz**

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In 2001, after comparing over 250 studies and 150 drugs, a team at Johns Hopkins Children's Center still has no clue as to how to successfully treat acne. With this lineup of intelligence failing to cure acne, how can any average Jane expect to free herself from a zit affliction? Simple; crack the code of your

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zits.

An effective acne treatment has remained elusive because the deeper meanings behind the information-packed pimples are too often neglected or unexamined, until now.

"Listen to the messages of your zits", proclaims Naweko San-Joyz, author of *Acne Messages: Crack the code of your zits and say goodbye to acne*. Zits are smart and full of knowledge about you and your lifestyle. Those pimples on your face act as little messengers from the body to suggest beneficial changes to your lifestyle and areas of your life to which you should pay more attention.

*Acne Messages* guides the exacerbated acne sufferer to find out exactly what causes their unique case of acne. This is the shortcoming of most acne prescriptions and creams; they treat acne as a target as opposed to probing into what emotional, physical, psychological and or nutritional needs set off the acne trigger.

Once you decode you zit, the zit will reveal a wealth of practical information about you. For example, how well you cope with stress, whether or not your specific nutritional needs are being met, if your personal goals are being met, if your organs are functioning at optimum levels, and whether or not your self esteem is balanced are just of sample of the revelations communicated by zits. Using ancient wisdom and modern science San-Joyz helps people with acne pinpoint the root cause of their unique case of acne.

*Acne Messages* is designed for people with acne who can find no relief with drugs, special diets, or creams alone.

Do you let your zits tell you at least these five things about yourself before you pop it, slather it with creams, or ingest some acne wonder drug? If not, this could be why you are one of the 17 million people in the United States still coping with acne.

Read *Acne Messages*, decode the messages of your zits and say goodbye to acne. You can own *Acne Messages* just \$14.99 plus shipping and handling.

<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.

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