

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Adult Acne Solved!

By Kirsten Hawkins

Acne has always been a dreaded occurrence in our life. Most of us have carried this burden in our

teenage years and after almost seven teenage years we think we are finally home free. Then one morning in your twenty sixth, twenty seventh or even twenty eighth year of your existence you wake up with a huge zit on you face. And even worst, sometimes it is not just one but two or even three or even four! And they just keep on sprouting like weeds in an inhibited garden! So you wonder, I'm already an adult so why, why, WHY?

Adult acne is more common than we thought. Almost five percent of adults have adult acne mostly in their twenties, thirties and even forties and beyond. Adult acne can be found in the face and sometimes even on the neck and on the chest and back area. There are many reasons for the occurrence of these devils incarnates and we will enumerate them here plus ways on how to outsmart them.

Adult Acne Source Number 1: those pesky hormones

And we all thought we are done with having problems caused by them! Apparently, they still have a last attack. Experts still can't pinpoint the main reason why our oil glands are more prone to breakouts because of hormonal shifts in this age line. Unfortunately, these up and down hormonal shifts are the main culprit in adult acne. But fortunately, there's an easy cure for these shifts and that is the common birth control pill. But take note that this is not applicable to you if you are pregnant. For stubborn and hard to kill zits, you may also use medication that has the ingredient retinoids that can help unclog those pores. If still doesn't work then it's high time to up your ammunition. Use antibiotics (may be topical or even oral) to reduce the swelling.

Adult Acne Source Number 2: stress

Stress is also a major source of adult acne. But we can't help it, can we? Our world is full of stress inducing situation and things that it is already a part of our daily lives. We have bills to pay, kids to feed and a house to clean. So much stress we endure in a day that it results to the dreaded adult acne. This happens because stress triggers the body to secrete cortisol that results in the secretion of more hormones thus resulting to zits. So what do we do when the bump pops? Relax! Do some de-stressing.

Adult Acne Solved!

Go on a vacation or just spend a day doing nothing. Eat right, sleep right and do your exercise routine regularly. If your darn acne are still there after doing these things for a month or two then it is high time to see your dermatologist for some treatment and prescription.

Adult Acne Source Number 3: Daily Grooming Products

It is a fact that as we grow older we tend to become more vain especially in our twenties to thirties when we are still finding our ideal mate. We tend to use a lot of products to make ourselves more attractive to the opposite sex. Unfortunately, this only results to adult acne as these products tend to block pores which can result to zits erupting like crazy in our pretty little faces. How ironic, isn't it? We bought and used these products to make ourselves more pretty only to have these little craters embed in our face. So what to do? Simplify! You don't need all these products to make yourself pretty. Just use basics like moisturizer, cleanser and sun block. Purchase cosmetics that are noncomedogenic and make sure that they are oil free especially your moisturizer. And always remember your acne 101: do

not touch your face or rest your pretty little chin in your grubby little hands!

Kirsten Hawkins is a freelance writer specializing in skin conditions such as acne and rosacea. Visit

<http://www.acnesolution411.com/>

for more information on acne and acne treatments.

Advice For Adult Women: Understand Your Acne To Treat Them Fully!

By Ashish Jain

One good quality about this bad acne is– it does not have gender biases. No age limit for it either. It attacks male and female. The young and the old, children and the respected elders! Only, it visits you unannounced.

Even though millions all over the world suffer its attack, at any given time, no one for certain knows what its exact cause is. But then, we can definitely know what the probable causes of acne are in adult woman.

The oil produced by the facial glands is known as sebum. Cells and sebum form a blockage in the gland, when hair follicles shed dead cells too quickly. What better conditions acne wants to appear on the face?

Tight garments and the pressure from their rubbing is also the cause of acne. They may irritate the acne condition further.

Acne could also be the most unwanted gift from your parents, father or mother or both. It may not be the sole cause. But it can definitely be the contributory factor. Then the special problems related to

Adult Acne Solved!

women only, which could be the cause of acne. With every change in the phase of their life, the hormone levels change in a woman. And they experience acne. Adult women may also suffer acne, between two to seven days before menstrual cycle.

During pregnancy also, women experience fluctuations in her hormones levels. Even those adult women, who had no acne problems, have to face the music of acne, during pregnancy or at time when the baby is born. Acne will disappear only when hormone levels return to normal.

Hormone levels change at the time of menopause. This could be the cause for acne in women. To beat back the acne condition, women panic and use heavy makeup. The condition worsens, because by doing so they contribute to further clogging of the pores.

During pregnancy, it is natural for the women to have stress. This leads to the production of a special stress-related hormone, cortisol. This again sends the acne signals and worsens the condition if you already have acne.

In such conditions, relaxation and medications are the twin answers. Do not pick acne. This may further lead to the spread of bacteria, and extend the area of acne influence.

Unless otherwise specially advised by your doctor, over the counter products containing benzoyl peroxide, sulphur and salicylic acid, should do well to control the condition of adult acne in women.

<http://www.acnetalks.com/pimple/>

& Adult Acne provides detailed information on acne treatment, pimples, acne skin care, adult acne and more.

Adult Acne Solved!



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!