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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!**

**Collagen And Fat Injections For Smoother Skin**

**By Jean Bowler**

Most surgical procedures, such as chemical peels and laser resurfacing are meant to remove the

outer layers of skin, forcing new collagen growth which eventually fills in the wrinkles. The opposite approach is to fill in the wrinkles with an injectable substance such as collagen or fat. This fills in the defects giving the skin a smoother appearance.

The most common filler is bovine collagen. Since there is a risk of allergic reactions, a skin test is required before its use. There are now bioengineered collagen products that are non-allergic and do not require a skin test, as well as synthetic fillers. Another choice is a transplant of your own collagen or even fat removed by a mini-liposuction procedure just before injection.

Usually you will receive a local anesthetic and the collagen product will be injected directly under the surface of the skin. There may be some bruising or swelling in the treated areas.

The collagen injection restores the skin's natural collagen and you skin will look younger as it fills out.

Just like your own natural collagen, injected collagen will eventually start to break down and need to be replaced. You might have to repeat the treatment several times a year. However, injected fat tends to last a lot longer and the results may be permanent, especially if it was injected into other areas in the face containing fat.

According to a report issued by the Harvard Medical School, a new product is being developed that is designed to produce new collagen as needed. Called Isologen, it uses a sample of your own skin to clone fibroblasts, the cells that produce collagen. Since this is a new procedure, its long term effects are still unknown.

Anyone who watches movies or TV knows the results of overdoing these types of procedures. Many famous actresses wound up with lips reminiscent of Bozo the Clown from overzealous collagen injections. Make sure you use a doctor experienced in this procedure and be frank with him on the results you expect to receive.

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When properly done the results should be undetectable and natural looking, giving you another weapon against wrinkles and creases in your face.

This article is for informational purposes only. It does not purport to offer medical advice. Consult a qualified physician if you are interested in any of these procedures.

For more information on cosmetic procedures, visit

<http://www.ageless-beauty.com/antiaging-cosmetic-procedures.html>

Jean Bowler was a ballet dancer and instructor, a teacher, a personal trainer and a cosmetics consultant. She is editor of Ageless Beauty -

<http://www.ageless-beauty.com>

## **Acne? What Acne?: Serious Treatments to Get Rid of Your Acne**

**By Hanif Khaki**

Over the last few years, information about acne treatments has come a long way. Science now suggests that acne is probably hereditary and not caused by the foods you eat or don't eat. Those unsightly zits and spots can no longer be blamed on the many things you do on a daily basis.

Below are a series of acne treatment options that are available to those that are serious about getting rid of their acne.

You have no doubt heard of Accutane. Accutane is the controversial drug of choice in the treatment of acne. Furthermore, after Accutane has done its job, Retin-A, a less potent and topical derivative of Accutane, can then be applied regularly to maintain your clear complexion and continue to keep your skin blemish free.

Other steps that can be taken to get rid of acne include:

- Collagen injections. Acne scarring can cause the loss of the body's natural Collagen. Therefore Collagen can be injected under the skin to enhance this lost Collagen. This treatment is also effective for other skin conditions such as wrinkles and crow's feet.

- Chemical peels may also be useful to remove acne. This is the procedure that removes the top layer of the skin and thereby the superficial acne scarring as well. This technique can leave the skin quite sore and bruised after the procedure, however, the skin soon becomes rejuvenated and the appearance of the skin is remarkably improved and refreshed.

- Punch Grafting is another procedure used to rid the skin of acne. Quite literally, a hole is punched into the skin and any acne scar is simply removed. New skin is then taken usually from an area behind the

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earlobe and used to replace the missing skin. Punch Grafting is known to be useful in treating deep acne scars.

·Dermabrasion is another technique used to minimize small blemishes and scars. Dermabrasion involves the removal of the top layer of skin. It may involve some pain, however, after the healing process begins, the surface of the skin looks noticeably cleaner and clearer.

·Laser resurfacing involves the use of a high energy laser light to burn away skin scarred by acne. It is thought to be a moderately uncomfortable procedure with some level of success.

·Autologous fat transfer, as a method to remove acne, involves taking fat from another area of the body and injecting it into the skin under the scar. It's a very efficient method for raising depressed scars and making them less noticeable. However the results are temporary and the procedure may need to be repeated every few months.

The above are just a few of the procedures currently used for the treatment of acne. There are of course many other acne treatment options you will find as more research is undertaken.

Hanif Khaki is the acclaimed author of numerous health related articles and the founder of the popular acne resource site

[www.acne-cure.expert-health.com](http://www.acne-cure.expert-health.com)



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