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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!

Facial Flaws

By Article Submissions

When you talk about acne we're talking about clogged skin pores, or deep lumps on our face, chest, back, neck, shoulders and upper arms. These may be called whiteheads, blackheads, cysts or nodules. If you are a teenager you're probably going to get acne. In fact, you could get it even if you're as old as 40 something. While it won't threaten your life, it could upset your life by disfiguring you permanently. Even acne that's not severe could end up doing that.

Hormones that change during the start of puberty are the reason you get acne. Sebaceous (oil glands) work overtime during this time in your life. They are generally reacting to androgens, a male hormone. Females have androgens too, though not as men as guys.

A sebaceous follicle – a hair shaft inside your sebaceous gland – is the culprit. When you are in puberty the cells of your skin lining these sebaceous follicles start to shed more than when you were younger. If these cells stick together as they shed oil increasingly it probably is going to plug up the opening of the sebaceous follicle. The oil keeps building up, though, and with no way to get out it just makes that follicle swell up. This is an acne lesion.

Bacteria exists normally in your skin and one bacterium called P.acnes multiplies more than it usually does if a hair follicle gets clogged. This is irritating to your skin and often inflames it. It can even make the follicle burst which then inflames other skin around that follicle. What results then are acne pimples, nodules and blackheads, commonly referred to as lesions.

You may have heard some myths about acne, most of which are probably false. If you heard, for instance, that not having proper hygiene will cause acne, you heard wrong. If you believe this you could end up over washing your face or being too harsh in scrubbing it and you'll make the acne worse. Surface dirt and oil aren't the causes of acne. While you certainly don't want to leave dirt and excess oil on your skin its removal needs to be gentle, with light scrubbing and washing twice a day. Then you should simply pat it dry, again gently. You certainly can try one or several of the over the counter acne treatments or see your dermatologist if the acne is severe or the over the counter treatments haven't worked for you.

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No matter what you've heard, stress is not an acne contributor. Normal every day stress will not cause acne. While excess stress might take you to a doctor for a prescription to calm you or help you deal with your depression and that medication might irritate your skin, the stress is never the cause for the onset or exacerbation of acne. Of course, if the medicine seems to be the culprit tell your doctor.

The third acne myth about acne is that what you eat affects your acne – that things like chocolate or pizza or fried foods can create acne or make it worse. Or that avoidance of such foods will keep you acne free or make it go away. This is not so. Yes, a balanced diet is good for you, but it won't affect your acne.

Folks might also tell you that your acne isn't a problem to worry a lot about because it is only cosmetic. Acne, however, can hurt the way you feel about yourself, and it can leave lasting scars both physically and emotionally. In spite of what some people might say to you, that is a serious consequence of acne.

James Smithers is the webmaster of Lowr Acne Ltd which is an excellent place to find acne links, resources and articles. For more information go to:

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

Diamond Flaws And Inclusions

By Burt Cotton

Internal Diamond Flaws

When a diamond is considered to have a flaw, it is an imperfect gem stone. Something about the diamond did not form correctly, or there are tiny imperfections within the stone. Diamond flaws and inclusions are often not noticeable to the average person, and you need not worry about the small inclusions that occur in most diamonds. There are actually only very few diamonds which can be labeled "perfect", and if they are placed in the category of no diamond flaws and inclusions, chances are the diamond will be extremely expensive!

There are some minor inclusions which cause a diamond to appear slightly dull. The inclusion within the diamond can affect the stone's clarity because as light passes through the stone, it is intercepted by the inclusion. Many of these flaws and inclusions can be reduced or fixed with the various forms of treatment processes that gemologists and jewelers have learned to do over the years.

Other diamond flaws and inclusions may be large enough to cause weakness within the gem stone, and the stone could shatter or break much more easily than a stone without the weakness. These are the flaws you want to be careful with, since they reduce the value of your stone.

Pinpoint Inclusions

When a diamond has speckles of dark crystals in groups or scattered throughout the stone, it is said to

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have a form of diamond flaws and inclusions called pinpoint inclusions. If the dark crystals are all clustered together in the stone, the clarity of the diamond is effected, and it appears to have a "cloud" inside the stone. These types of diamond flaws and inclusions may cause the diamond to be worth less, as it greatly effects the appearance.

Problems from Laser Treatments

When an imperfect diamond is treated with lasers to remove dark diamond flaws and inclusions from within the gemstone, sometimes a line is left through the diamond that looks much like a thread. The laser line begins at the outer edge of the diamond, and moves inward to the area where the dark inclusion was treated by the laser. These diamond flaws and inclusions are unsightly and easily spotted by most people, making the diamond less desirable.

Mineral and Crystal Inclusions

While most diamond flaws and inclusions are negative, there are instances when the diamond flaws and inclusions are actually an eye catching aspect of your diamond! For example, diamonds typically have smaller crystals inside the diamond, often so tiny they cannot be seen without some sort of magnifying device. The clarity of the diamond can be effected by these crystals, if there are enough of them and if they are all grouped together in one area of the diamond.

There are a few rare instances when another gem stone is actually inside a diamond, and could certainly not be seen as a diamond flaw or inclusion. For example, if you had a ruby or emerald that

was surrounded by a diamond, you would see that as a special piece of jewelry– not a flawed one!

Burt Cotton

<http://www.about-diamonds.com>

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