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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!

Get Rid Of Acne Fast

By Oliver Turner

Acne is a skin disease caused by blockage of skin follicle ducts. This blockage traps the sebum

produced resulting in the inflammation of the skin. A bacterium *P. Acnes* found naturally in the skin infects the inflammation causing acne. There are various acne treatments available depending upon the type of acne.

For mild to moderate acne, antibacterials like Benzoyl peroxide, triclosan and chlorhexidine gluconate are sufficient. Skin exfoliants like Salicylic acid, glycolic acid are also used. Anti bacterials work by killing the bacteria in acne. Skin exfoliants work by opening the skin pores. The results are seen after 2 weeks and full relief may take 4 to 6 weeks.

For severe acne, antibiotics like Erythromycin, clindamycin and tetracycline are used usually in conjunction with benzoyl peroxide. Sometimes retinoids like Tretinoin, adapalene, retinol and isotretinoin are also used. For very severe acne like cystic acne isotretinoin is the only cure.

The latest and the best way to get rid of acne is phototherapy (Acne light treatment). In acne light treatment a certain wavelength of light, usually intense blue light or red light is used to irradiate the affected area. The light generates free radicals in porphyrins of the bacteria. When the free radicals increase beyond a critical concentration the bacteria dies. If the affected area is pretreated with delta-aminolevulinic acid (ALA) the results of acne light treatment are enhanced further. This is because ALA increases the levels of porphyrins in the bacteria. Acne light treatment is considered the best acne treatment because it gives high results, has no side effects and the chances of the bacteria developing resistance is remote. Acne light treatment takes about 2 to 3 months.

All the above acne treatments are given in conjunction with prescribed dietary supplements like acuzine. Acuzine consists of anti-oxidants, vitamins E & C, hydrolyzed collagen, ALA, DMAE, L-ascorbic acid, co-enzyme Q-10, Aloe vera, Bioperine etc. The presence of these ingredients helps in early recovery of the skin and provides vital vitamins, enzymes for rebuilding the skin.

We offer the most comprehensive online acne source. Find the best way to get rid of acne on

<http://www.acne-pimpels-treatments.com>

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Acne Skin Care Tips

By Paton Jackson

Some basic tips can help you to gain control over your acne.

Acne skin care is no easy thing. For most people it is very challenging. Sometimes, acne lasts only through puberty and once those crazy adolescent years have past, things just get easier. Your face clears up and you don't really worry about acne. But, that does not mean it goes this well for everyone. For many, acne will last well into their 20's, 30's and even beyond. And, for that there is a need for acne skin care tips like these.

Tips You Can Use Now

1. Find an effective skin care regimen and cleanser. There are many out there that are both natural acne treatments and those that are chemical in nature. The fact is that in order for your skin to heal, the bacteria on it will need to be cleared up. You will need to insure that your acne products will do this.
2. Use exfoliating acne skin care products. By exfoliating, you are removing the dead skin cells on your skin that are literally feeding the bacteria on your face. As disgusting as it sounds, getting rid of them through exfoliation is critical to getting rid of the acne.
3. Use natural acne skin care products as well. These will be found on the web and can provide you with the most fundamentally solid way of treating acne in a natural way. Have an arsenal of good quality natural skin care products can give your body what it needs to fight off bacteria and to heal.

Getting Acne Skin Care Training

You may be thinking that acne skin care training sounds silly. The fact is that if you have the necessary knowledge to fight off your acne infections you will be more likely to make it work for you. So, before you head off to make a purchase of some costly acne medication, learn why they will work or maybe even why they may not. There are many out there that may be able to provide you with just what you need in acne skin care.

Our experts have executed a research to find the best acne treatments. Find the results only on

<http://www.tigilet.com/c/Acne.php>

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