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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!

How To Get Rid Of Pimples Acne-inc.

By Charles Boisvert

Acne is the most common of all skin diseases. Nearly 85% of people between the ages of 12 and 25 suffer from it. And as many as 50% of adult men and women suffer from acne outbreaks at some point in their life.. However the other 50% are not spared from the age old question How to get rid of zits?

Taking a healthy approach to treating acne is very important. Here are a few basic tips on how to get rid of acne.

Don't pick or press your pimples. If you do you will spread the bacteria under the skin wich will promote swelling and increase your risk of scaring.

Wash once or twice a day. But go easy, washing with soap only removes the oil from surface and not the blocked pores. Use an oil free anti-bacterial face wash containing salicylic acid such as clearpores.

Don't use oily products like oil-based skin cleanser and moisturizers.

Don't use cleaners with granules such as exfoliating soaps or walnut hulls.

Facials do more harm than good. And try to use water based make-up.

Try avoiding touching your face, like resting your chin or cheeks in your hands. Fingers are very oily and full of bacteria.

Use herbal supplements to fight the acne bacteria from inside where it grows. Dandelion root, aloe vera and yellow dock a a few of the herbs wich rebuild cells and can help reduce inflammation.

Try to avoid products containing benzyl peroxide this ingredient is quite strong and reduces skin moisture and causes skin irritation and severe redness.

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Use a water based product containing salicylic acid(2%) and SD alcohol 40 (1%). These medications are used as skin treatments to treat acne, remove warts and to treat psoriasis and other skin conditions. Dermatologists recommend 2% of salicylic acid as the perfect amount to treat acne.

Don't wait if you have pimples, we encourage you to treat your acne early. The sooner you do, the happier you will be. You also help prevent any scars that might appear in the future. If you already have scars, there is treatment available such as microdermabrasion or laser skin resurfacing.

Wait! Before you buy another Acne product. Check out our Free skin products review at

<http://www.greatestacneinfo.com>

You might be surprised by the results.

The 10 Most Common Misconceptions About Acne

By Den Fransen

1) Diets cause acne. Contrary to popular believe, no proof has been found that acne is caused by a diet. Chocolate causing acne is the most common misconception there is about acne. Several scientific studies have been performed on this subject, but none of them could confirm this theory. Other food like sugar oil, milk and seafood are not known to cause acne.

2) Popping pimples helps. Popping pimples will not help you to get rid of them. They might go away for a few hours, but will always come back worse. If you pop a pimple you are opening the wound so bacteria and dirt can get in to cause redness and infections.

3) Washing your face helps fights acne. Washing your face will get your face clean of dirt, but it will also dry out and irritate your skin. So wash your face at most twice a day with a gentle soap and do not rub it clean or dry to avoid irritating the skin.

4) Only teenagers have acne. Most teenagers have acne and in most cases these problems will clear up when they reach their 20s, but some people still have acne problems when they are 30 or 40.

5) The sun will clear your acne. The sun might help clear your acne on the short term, because it will dry the skin. But it is not a good remedy for acne on the long run. Usually your acne will come back after a while and probably will be worse. Best way is to protect your skin by using sunscreen.

6) Makeup gets you acne. Choose makeup that is non-acnegenic or non-comedogenic, so they won't clog your pores. For people with severe acne, best is not to use makeup at all. If you're not sure about what cosmetics to use consult your dermatologist or doctor.

7) You can stop medication ones your acne is cleared. Don't stop your medication without consulting your doctor or dermatologist. If you stop your medication to soon, your acne might come back.

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8) Stress causes acne. Acne may cause stress, but not the other way around. Some stress medication may cause acne as a side effect. If you're not sure if your drug gives you acne, consult your doctor.

9) Acne can be cured. No cure for acne has been found yet, but there are a lot of treatments available for reducing acne and acne scarring.

10) You can't help acne scarring. The best way to prevent acne scarring is to prevent acne itself. If you treat your acne early and for as long as it takes, you can minimize scarring.

Den Fransen is the editor of

<http://acne-papers.com>



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