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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 Remove Your Acne

By Dave Lloyd

Acne is an inevitable experience for most teenagers. It's a universal enemy of most young adults and ironically a result of growing from child to adult. While it's not entirely avoidable, there are ways to reduce one's acne.

Dermatologists worldwide have been battling acne for years – most of them are consulted after the acne has started. And what they contribute is great expertise, medications, tips on good hygiene, and emotional support that confirms that some acne is a normal part of life. None of this helps the self-esteem or confidence of the teenager who consistently deals with a face in the mirror they don't like. So consider some additional ways to limit the affect of acne in your life. Primarily, take care of your body. What type of food are you eating? How much sleep do you get? Do you wash with a hypoallergenic soap? These considerations are important ones. Food, for example, plays a big part in acne. Consult your dermatologist or online guide for more tips but be aware that fruits and vegetables are great for more than just healthy bones and teeth – they also lead to healthy skin. Similarly, watch your intake of sugar and manufactured products with heavy oil or fat.

Another preventative measure is to review and sample Proactiv, Clearasil, and other acne prevention or removal products and see if any of them work for you. Depending on your skin type, the type of acne you have, or how your body responds to different forms of medication, these products may have a selective benefit for you.

Finally, take care of your insides. No matter what effect acne has on your outside appearance during your teen years, only you can determine how you feel about your appearance and your looks. I'm not trying to minimize the emotional affect of acne, especially if some of the scars are permanent, but appearance alone is still only one factor that contributes to one's confidence and ultimately their enjoyment of and success in life. If you can regularly look in the mirror and say "I like myself" or "I like who I'm becoming", acne will never determine your sense of self. Do your best to prevent or reduce acne's affect on your physical appearance, and don't forget to take care of your inner self as well.

Dave Lloyd can be reached at

publisheremail@gmail.com

and has written an online guide to removing

acne at

<http://www.removemyacne.com>

Acne Cleanser, Acne Lotion And More - A Quick Look At Common Acne Products

By Paton Jackson

Acne is a common skin disease affecting almost everyone. Acne is caused due to the blockage of skin follicle duct of sebum glands. This blockage traps sebum and causes inflammation of the skin. A bacterium *P.Acnes* readily infects this inflammation causing acne. There are many common acne products available in the market for acne treatment.

Acne cleansers are facial care products designed to remove dead cells, open up pores, remove oil, dust, dirt and other harmful pollutants. Generally acne cleansers are used twice or thrice daily and in conjunction with skin toners and moisturizers. Acne cleansers work better than ordinary soap because soap has a very high pH value which can change the pH balance of the skin. The method to use acne cleansers is to use luke warm water to clean the face then apply acne cleanser all over the face and throat. Next it is to be washed with luke warm water and then patted dry.

Acne lotions are oil and water emulsions designed to be applied on unbroken skin. Acne lotions are usually medicated with acne medicines like, antibacterials, skin exfoliants, retinoids or antibiotics. Acne lotions may contain soothing or protective ingredients also. Acne lotions have the advantage over creams or ointments as they can be applied thinly over a large area and hence can be economical.

Acne creams are semi solid emulsions. Creams can be used as a barrier for protection, as a delivery vehicle for anti acne agents and to retain moisture in the skin. Acne cream ingredients may include anti acne agents, moisturizers, skin exfoliants etc

Acne soaps are mild soaps used to open up the pores and remove oil in excessively oily skins.

All the above products if used in conjunction with acne dietary supplements like acuzine produce good results. Acuzine consists anti-oxidants, vitamins E & C, hydrolyzed collagen, ALA, DMAE, Aloe vera, Bioperine etc. The presence of these ingredients helps in early recovery of the skin and provides vital vitamins and enzymes for rebuilding the skin. Acuzine is available in the form of capsules.

We have made a research to find the best acne treatments. Find the results only on

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

. More valuable acne info on

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