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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 outsmart zits**

**By Naweko San-Joyz**

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In 2001, after comparing over 250 studies and 150 drugs, a team at Johns Hopkins Children's Center still has no clue as to how to successfully treat acne. With this lineup of intelligence failing to cure acne, how can any average Jane expect to free herself from a zit affliction? Simple; crack the code of your zits.

An effective acne treatment has remained elusive because the deeper meanings behind the information-packed pimples are too often neglected or unexamined, until now.

"Listen to the messages of your zits", proclaims Naweko San-Joyz, author of Acne Messages: Crack the code of your zits and say goodbye to acne. Zits are smart and full of knowledge about you and your lifestyle. Those pimples on your face act as little messengers from the body to suggest beneficial changes to your lifestyle and areas of your life to which you should pay more attention.

Acne Messages guides the exacerbated acne sufferer to find out exactly what causes their unique case of acne. This is the shortcoming of most acne prescriptions and creams; they treat acne as a target as opposed to probing into what emotional, physical, psychological and or nutritional needs set off the acne trigger.

Once you decode you zit, the zit will reveal a wealth of practical information about you. For example, how well you cope with stress, whether or not your specific nutritional needs are being met, if your personal goals are being met, if your organs are functioning at optimum levels, and whether or not your self esteem is balanced are just of sample of the revelations communicated by zits. Using ancient wisdom and modern science San-Joyz helps people with acne pinpoint the root cause of their unique case of acne.

Acne Messages is designed for people with acne who can find no relief with drugs, special diets, or creams alone.

## How to outsmart zits

Do you let your zits tell you at least these five things about yourself before you pop it, slather it with creams, or ingest some acne wonder drug? If not, this could be why you are one of the 17 million people in the United States still coping with acne.

Read *Acne Messages*, decode the messages of your zits and say goodbye to acne. You can own *Acne Messages* just \$14.99 plus shipping and handling.

<http://www.noixia.com> Naweko San-Joyz is a graduate of Stanford University. She recently published

"*Acne Messages: Crack the code of your zits and say goodbye to acne*". To challenge and verify her research, San-Joyz trains for figure competitions. She currently writes health articles from her home in San Diego.

### **Adult Acne Solved!**

**By Kirsten Hawkins**

Acne has always been a dreaded occurrence in our life. Most of us have carried this burden in our teenage years and after almost seven teenage years we think we are finally home free. Then one morning in your twenty sixth, twenty seventh or even twenty eighth year of your existence you wake up with a huge zit on you face. And even worst, sometimes it is not just one but two or even three or even four! And they just keep on sprouting like weeds in an inhibited garden! So you wonder, I'm already an adult so why, why, WHY?

Adult acne is more common than we thought. Almost five percent of adults have adult acne mostly in their twenties, thirties and even forties and beyond. Adult acne can be found in the face and sometimes even on the neck and on the chest and back area. There are many reasons for the occurrence of these devils incarnates and we will enumerate them here plus ways on how to outsmart them.

Adult Acne Source Number 1: those pesky hormones

And we all thought we are done with having problems caused by them! Apparently, they still have a last attack. Experts still can't pinpoint the main reason why our oil glands are more prone to breakouts because of hormonal shifts in this age line. Unfortunately, these up and down hormonal shifts are the main culprit in adult acne. But fortunately, there's an easy cure for these shifts and that is the common birth control pill. But take note that this is not applicable to you if you are pregnant. For stubborn and hard to kill zits, you may also use medication that has the ingredient retinoids that can help unclog those pores. If still doesn't work then it's high time to up your ammunition. Use antibiotics (may be topical or even oral) to reduce the swelling.

Adult Acne Source Number 2: stress

Stress is also a major source of adult acne. But we can't help it, can we? Our world is full of stress inducing situation and things that it is already a part of our daily lives. We have bills to pay, kids to feed

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and a house to clean. So much stress we endure in a day that it results to the dreaded adult acne. This happens because stress triggers the body to secrete cortisol that results in the secretion of more hormones thus resulting to zits. So what do we do when the bump pops? Relax! Do some de-stressing. Go on a vacation or just spend a day doing nothing. Eat right, sleep right and do your exercise routine regularly. If your darn acne are still there after doing these things for a month or two then it is high time to see your dermatologist for some treatment and prescription.

### Adult Acne Source Number 3: Daily Grooming Products

It is a fact that as we grow older we tend to become more vain especially in our twenties to thirties when we are still finding our ideal mate. We tend to use a lot of products to make ourselves more attractive to the opposite sex. Unfortunately, this only results to adult acne as these products tend to block pores which can result to zits erupting like crazy in our pretty little faces. How ironic, isn't it? We bought and used these products to make ourselves more pretty only to have these little craters embed in our face. So what to do? Simplify! You don't need all these products to make yourself pretty. Just use basics like moisturizer, cleanser and sun block. Purchase cosmetics that are noncomedogenic and make sure that they are oil free especially your moisturizer. And always remember your acne 101: do

not touch your face or rest your pretty little chin in your grubby little hands!

Kirsten Hawkins is a freelance writer specializing in skin conditions such as acne and rosacea. Visit

<http://www.acnesolution411.com/>

for more information on acne and acne treatments.

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