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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!

Is There A True Home Remedy For Zits

By Tim Gorman

Chances are if you're one of the millions of people suffering from acne you're also looking for that Holy Grail otherwise known as the zit home remedy. For many people with acne, a real life remedy that truly works to clear up their unsightly blemishes and allow them to achieve a healthy clear complexion would be worth paying for many times over. But the truth is there are several ways to treat zits and the associated blackheads that result from the acne without having to spend a fortune on voodoo methods that may or may not clear your skin up.

Before I get to the treatments let's step back and do a quick refresher on what acne is and how it's caused. Acne is a result of clogged pores on the surface of your skin due to hair follicles that become entangled with the skin's oil glands. There are many causes for this action-taking place with the scientific term labeling this emotionally disturbing event as a disease of the pilosebaceous units. A common myth is that poor hygiene results in acne. Sadly the truth is many people who are extremely well kept in terms of personal hygiene still suffer from acne and zits, which explains why they are looking for the perfect zit home remedy. Acne can affect many parts of the body with the face, chest and back regions the normal suspects. Additional acne related problems include papules, pustules (commonly referred to as pimples), nodules and cysts. Each is a major inconvenience to the individual suffering from these symptoms with the worst cases causing permanent scarring.

Several other contributing factors to the onset of acne related symptoms include the puberty stage experienced by most male and females around the teenage years of their life. Heredity has also been proven to be an early indicator of whether or not you may suffer from acne - especially if your parents suffered at one time in their life. Although many people may use make-up and other cosmetics applied in heavy doses to hide zits and other acne blemishes they actually end up accelerating the problem, which leads to more pimples and zits.

So where is the zit home remedy or cure all in this whole mess? If you watch television then you know all about the commercials supporting the latest zit fighting medicated pads. Odds are they are one of the following over the counter medications: Benzoyl Peroxide (most commercially popular acne medication), Salicylic Acid and Sulfur. Although these treatments have been proven to be effective as zit home remedy solutions they don't meet the need of most modern day teenagers and that is a cure to acne in less then 24 hours. Research shows that even the best anti-acne over the counter

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medication can take up to as much as 8 weeks to completely treat acne related conditions.

So as you can see although there really isn't a fast way to cure acne there are several low cost over the counter acne fighting solutions that when combined with gentle cleaning and handling of the infected skin, careful shaving (especially for males) and cosmetics applied in a sensible nature can result in a cleaner, healthier complexion. A zit home remedy plan it's not, but it can just make a difference in your fight against acne, zits and pimples.

Timothy Gorman is a successful Webmaster and publisher of Clear-Skin-Solutions.com. He provides more acne clearing solutions, remedies and

zit home remedy information

that you can research in your

pajamas on his website.

How to outsmart zits

By Naweko San-Joyz

How to outsmart zits by Naweko San-Joyz

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

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