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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!**

**Menopause–Related Acne**

**By William Miller**

Menopause has many interesting, seemingly unrelated symptoms. Women can experience any

combination of mood swings, insomnia, hot flashes, extreme night sweats, achy joints, headaches, irritability, anxiety, trouble concentrating, and even acne. Some women avoid menopause–induced acne, but for at least one in ten menopause sufferers, pimples and blemishes are a genuine problem. Some women have avoided pimples since they were teenagers, yet suddenly they have a face full of them. The truth is, though, teens and menopausal women have a number of things in common. Acne is typically a result of hormone swings, which occurs extensively throughout puberty and menopause. It can be very frustrating for women to endure the added embarrassment of blemishes when they're struggling to deal with all of the other symptoms of menopause.

Menopausal acne occurs for much the same reason that acne occurs during any other life stage. The skin contains millions of sebaceous glands. These glands produce oil, scientifically termed sebum. Skin cells are constantly regenerated. Old ones die, are sloughed off and quickly replaced. When body hormones such as estrogen, progesterone, testosterone, and DHEA run rampant, the sebaceous glands become sensitive and start producing more sebum than necessary. More skin cells begin to die. As a result, not only do you have a surplus of facial oil, you also have a surplus of dead skin cells. Your body cannot rid itself of the unwanted oil and dead cells fast enough. Facial skin follicles get clogged with oil and dead cells.

White heads occur as a result of bacteria. Excess sebum builds up under the skin, naturally–occurring bacteria and the oil combine, creating an inflamed area filled with white puss. Blackheads also occur as a result of the combining of bacteria and oil with the addition of air that has leaked in. As a result, the material caught in the pore turns black. Menopausal acne identical to other acne, however. Both the follicles and sebaceous glands on the face contain an enzyme. This particular enzyme can turn estrogen into the hormone androgen testosterone. This has the ability to increase oil production even further. This leads to even more breakouts than a woman probably had as a teenager.

Menopausal acne can be extremely frustrating. There are, however, ways to alleviate it. Begin by examining your diet. It is important to eat foods that are high in fiber and calcium. It is also recommended to cut back on your fat and carbohydrate intake. Carbohydrates can turn insulin into

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androgen testosterone. This androgen too can increase the skin's sebum production. Additionally, you might want ensure that you are consuming eight to ten glasses of water each day.

In addition to dietary changes, you might want to consider the addition of dietary supplements. There are so many widely–available herbs vitamins, and minerals that can help alleviate the body's excess oil production. Studies suggest that it is beneficial to add Vitamin B and Vitamin C to your diet. In addition to diet and supplements, you should cleanse your skin a minimum of twice daily. Regular exfoliation rids the skin of those dead cells. Also, it is beneficial to use a toner to close open pores.

William Miller enjoys writing for several web sites, especially

<http://nugad.com>

and

<http://jasof.com>

### **Advice For Adult Women: Understand Your Acne To Treat Them Fully!**

**By Ashish Jain**

One good quality about this bad acne is– it does not have gender biases. No age limit for it either. It attacks male and female. The young and the old, children and the respected elders! Only, it visits you unannounced.

Even though millions all over the world suffer its attack, at any given time, no one for certain knows what its exact cause is. But then, we can definitely know what the probable causes of acne are in adult woman.

The oil produced by the facial glands is known as sebum. Cells and sebum form a blockage in the gland, when hair follicles shed dead cells too quickly. What better conditions acne wants to appear on the face?

Tight garments and the pressure from their rubbing is also the cause of acne. They may irritate the acne condition further.

Acne could also be the most unwanted gift from your parents, father or mother or both. It may not be the sole cause. But it can definitely be the contributory factor. Then the special problems related to women only, which could be the cause of acne. With every change in the phase of their life, the hormone levels change in a woman. And they experience acne. Adult women may also suffer acne, between two to seven days before menstrual cycle.

During pregnancy also, women experience fluctuations in her hormones levels. Even those adult women, who had no acne problems, have to face the music of acne, during pregnancy or at time when the baby is born. Acne will disappear only when hormone levels return to normal.

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Hormone levels change at the time of menopause. This could be the cause for acne in women. To beat back the acne condition, women panic and use heavy makeup. The condition worsens, because by doing so they contribute to further clogging of the pores.

During pregnancy, it is natural for the women to have stress. This leads to the production of a special stress-related hormone, cortisol. This again sends the acne signals and worsens the condition if you already have acne.

In such conditions, relaxation and medications are the twin answers. Do not pick acne. This may further lead to the spread of bacteria, and extend the area of acne influence.

Unless otherwise specially advised by your doctor, over the counter products containing benzoyl peroxide, sulphur and salicylic acid, should do well to control the condition of adult acne in women.

<http://www.acnetalks.com/pimple/>

& Adult Acne provides detailed information on acne treatment, pimples, acne skin care, adult acne and more.



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