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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!

No Wonder We're Still Popping Pimples

By Wy Williams

Despite the constant warnings about popping pimples, we continue to do so. I know that it's hard to resist. When you look in the mirror, and see an ugly whitehead staring you in the face, what are you supposed to do? Smile and say it looks good? You pop the pimple!

The urge to make it go away is so much stronger than just leaving it alone. No one likes to walk around sporting a good-sized zit. Last year a close friend, reaching for my forehead said, "let me pop that pimple for you."

Of course I shied away and told him to leave it alone. Truth be told, I didn't even know it was there.

Those who ply their trade via acne are having their cake and eating it too. It's disgusting the amount of over the counter schemers, and many of the doctors as well, are clamoring to get on board the multi-billion dollar acne industry.

Well over thirty percent of those billions come from the doctor's office. Your acne may be sending you to the poor house, but it's certainly making your doctor rich.

I don't want to venture too far off my topic for this article, but I must ask you this. Whenever you go for a doctor's visit because of your acne, what's some of the main questions your doctor asks? What area do the questions focus around?

Does he ask about your love life? No! How about exercise? No! How about your diet? What have you eaten out of the ordinary lately? What are some of the foods you like to eat?

The bulk of the questions center on diet! Your doctor is really giving you a major clue to resolving your acne. Your doctor may be taking your money, but because of the things you're eating, you're giving it to him as well.

I'm being sidetracked here. Let's get back on track.

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You must be very careful of the vast array of drugs on the market claiming to be able to fight acne. Some are so dangerous that it may be better to return to popping pimples.

Very recently (Aug.'06) in fact, an article was written in a popular newspaper about the drug 'isotretinoin.' It goes by the brand name Accutane.

According to the article, researchers reviewed medical records for 13,772 acne patients in California who had been treated with isotretinoin between 1995 and 2002. The median length of treatment was 21 weeks for the group, whose median age was 19.

In the August issue of the journal, Archives of Dermatology, the researchers wrote this, "The incidence of abnormally high serum lipid levels during isotretinoin treatment may be greater than previously estimated."

When the Accutane treatments were finished, the raised levels of fat were reversible. A statement indicating that fact is duly noted on the Accutane label.

When there is too much fat in the blood long-term problems can result. The risk of having a heart attack or a stroke increases.

Women who choose to take Accutane should be exceedingly careful not to become pregnant. The risk of birth defects is also suspected.

Always consult your doctor before taking anything for your acne. Even if your doctor prescribes medication for you to take, ask questions. How long do you have to be on this medication?

Why this particular medication? Are there any side affects? Can I drive while on this medication? Don't just glibly accept what your doctor says. Ask questions. Make your doctor think. Work with your doctor on your care. Don't leave it all up to him.

Popping pimples was a real pastime of the Williams family. Wy Williams has worked diligently to rid his daughter and son of acne. The battle isn't over yet. As soon as they let their guard down, guess what happens? How about you? Still struggling with your acne and popping pimples? There is hope, I firmly believe that this book will help. Grab the link from my website

<http://www.wyclefinnovations.com/av>

Is Popping The Right Way To Get Rid Of Pimples?

By Ashish Jain

Do you wish to get rid of pimples over the night? And you are too stressed up for your appearance? What will help you clear your acne before the morning? Neither the stress nor the medication! Though stress can aggravate pimples, if not cause it.

No Wonder We're Still Popping Pimples

Popping seems the only way out. But don't pop it anyways. This is the most undesirable trick to get rid of acne and can damage your skin. That too, to leave behind the horrible scars that will require even longer the time to treat! Plus, popping of pimples can also prolong the life of the pimples.

Popping of pimples should always be done in the presence of a surgeon. This will be a minor operation.

As for you, if you really want to pop acne to clear it fast, keep a few things in your mind.

Before you begin the process, wash your hands thoroughly. Use a sterilized needle to puncture it, slowly and very carefully. Wipe away the pus immediately. Don't do it for fun. Do it with the purpose.

If you lose patience and pick, pinch or squeeze the pimple, you will have inflammation of skin. It will cause bacteria to spread to other parts of the face. The intended overnight solution, could lead to a fortnight's problem. The resultant scars sometimes take more than a fortnight to heal.

There is another harmless method. Hold an ice pack on the pimple for about 2 minutes, and repeat this exercise for every 30 minutes. You will find marked reduction in swelling and inflammation. The pain too will subside.

You can solve the problem for the day by the dose of a flesh-tinted concealer. You hide it or mask it for a few hours. The day's job is done and you can revert to your normal treatment. Wash the pimples affected area of your face with a mild cleanser. For exfoliation, gently rub the skin with a cotton pad or soft cloth.

A dab of toothpaste in the affected area has helped many to reduce redness and provide relief from irritation in the skin. Put some lemon juice of a piece of cotton and gently press it on the affected area. The pimples will surrender their aggressiveness to a great extent overnight.

These are some of the quick fix methods to get rid of the pimples overnight, or at least reduce their telling effect. The long drawn out treatment for pimples, needs to be carried out in consultation with the dermatologist.

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

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

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