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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!**

**Practicing A Proactive Acne Treatment**

**By Mark Woodcock**

Having acne can be a miserable experience to have to endure. It can be physically and emotionally painful and embarrassing. It can cause feelings of isolation, low-self esteem, even depression. Acne affects nearly everyone at some point in his or her life, whether it's during puberty, pregnancy (or during some other hormonally-charged period in life), or just during any time of adulthood. But there are ways to prevent and even control acne if you take a preemptive approach. The best way to counteract the effects of this skin problem is to carry out a proactive acne treatment, which will help you to take care of your body as well as your skin.

Proactive is defined as acting in advance of an expected problem, or to be anticipatory. If you know that you are prone to acne, anticipating the problem and taking steps to defend yourself against it is the best way to go. There are several proactive acne treatment measures that a person can take in order to reduce the amount of breakouts, and to keep the breakouts that do occur from being too bad. One of the best ways to deal with acne is through exercise.

Exercise is not only a great way to regulate your weight and keep your body in good physical condition, but it also helps to lower stress levels that can cause or aggravate acne. In addition, sweating is a way of cleaning out the body, ridding it of oils and bad bacteria. It is important, though, to wear lightweight, breathable fabrics when exercising. Perspiration that is trapped between fabric and the skin can let bacteria grow and clog the pores, which will lead to acne.

Another effective proactive acne treatment is through diet. Though it is commonly understood now that what you eat does not cause acne, it is also commonly known that certain vitamins and minerals help the body fight the war on acne. It is a good idea to eat a healthy, well-balanced diet rich in vitamins and minerals such as vitamins A, B, C, and E. This will not only give you a healthy body, but will help to curb breakouts. In addition, drinking plenty of water will help keep your skin looking fresh, and your color bright.

Stress has an immense effect on a person's complexion. We wear our problems on our faces, in the form of dark circles, wrinkles, and yes, even acne. There are a variety of stressors that affect us in different ways. Stressors are things that cause anxiety to your body and your well-being, which can

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also cause or aggravate an acne problem. Certain external stressors involve things that negatively affect the outside of your body, and include such things as oil-ridden cosmetics, overexposure to the sun, and a poor diet.

Internal stressors include factors that cause anxiety, depression, or low self esteem. Not dealing with emotions or high stress levels can cause acne flare-ups or other outward indications of inward problems. As mentioned before, exercise is an ideal way to manage stress. Also, participating in activities that you enjoy can also reduce your stress levels. And, don't forget to get an abundance of sleep if at all possible. Sleep provides your mind and body time to rest and rejuvenate.

There are several acne treatments that you can perform that, if done on a regular basis, prove to be highly effective, proactive measures. For example, always try to use oil-free cosmetics that won't clog your pores. Shaving the skin with a light touch and a sharp razor or even an electric shaver helps to exfoliate the skin and won't be too rough on skin that is broken out. It is best, though to avoid areas of

the skin that are especially irritated or infected, and allow them time to heal. Also, make sure to gently wash your face twice daily with lightly exfoliating products. Do not ever scrub the skin, for this can lead to further irritation and more acne problems.

Taking the proactive approach to acne treatment is by far the best way to avoid embarrassing or painful breakouts. And you will find in doing so, that you will not only have healthier looking skin, but that your body and general well-being will be healthier in the effort as well.

Mark is a director of 3 Internet Companies, is a published author and has written many articles on a widespread number of topics. All his articles may be reproduced provided that an active link is included to

<http://www.acne-skin-care-treatment.info>

### **Does The Proactive Acne Solution Really Work?**

**By Jenny Riley**

Do you struggle daily with zits? Maybe you've tried it all and nothing seems to work right. This can be a horrible affliction to grapple with. Not only does it squelch your self-esteem, but it can leave permanent damage.

No one wants to deal with the aftermath of severe acne at age 30. One problem is that so many acne sufferers tackle this burden in the wrong manner.

There are ways to get rid of acne. There are ways to obliterate this irksome dilemma once and for all. Technology is one your side, folks. With the various new-age break-throughs regarding skin disorders, you can achieve that complexion you've always dreamt of.

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Have you ever heard of proactive acne solution? This is one treatment system that has proven wonderful for acne sufferers around the globe.

I'm sure by now that you've seen the infomercials for proactive acne solution. This innovative blemish fighting system has proven its amazing results to many. Even celebrities are getting on board to advertise and promote this stuff.

Stars like Britney Spears, Jessica Simpson and P Diddy are paying homage to its benefits. All three celebrities suffered from routine bouts with blemishes, but saw fast results with proactive acne solution.

They continue to use the skin care system today in order to prevent new breakouts from forming. Too many individuals spend their time browsing through local drug stores for that new acne cleanser or cream.

Well, if you've exhausted all the routine over-the-counter products, then maybe it's time to give proactive acne solution a shot. There's really nothing to lose. The system even comes with a money-back guarantee. Now that's confidence.

If you've strolled through your local shopping mall lately, then you've most likely encountered proactive acne solution. There are booths set up around the country, promoting and selling this new wonder product.

Folks of all ages are simply sick and tired of battling pimples. Fortunately these days there are products such as proactive acne solution that really work.

You basically use this skin care system day and night to battle your current zits and prevent new breakouts from arising. So stop wasting your time with those on-the-spot creams and gels that don't work.

Get online today and read about proactive acne solution. You can even make a purchase via the Internet.

By Jenny Riley

<http://www.skin-health-magazine.com>



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