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**Preventing Stretch Marks: An Ounce Of Prevention Is Worth A Pound Of Cure**

**By Low Jeremy**

Stretch marks are never a pretty sight. They may cause insecurities among those that have them -

especially women. Unfortunately, unlike other types of scars and skin imperfections, stretch marks are pretty hard to get rid of. Given this, it certainly follows that stretch marks are better avoided than treated. And in this case, the old adage certainly applies: an ounce of prevention is worth a pound of cure.

Stretch marks are formed when the skin around an area is stretched beyond its elasticity. This then causes the skin to produce collagen on the stretched skin to cope. When the area then returns to its normal size, the stretched skin plus collagen form a purplish scar like formation that look pretty much like a keloid.

This condition is common among mothers since their skin around the hips, tummy and thighs suddenly expand during pregnancy. Since the skin cannot cope with the stretching that then takes place, stretch marks form. However, stretch marks are not exclusive to mothers, they also occur in people that suddenly gain weight, and people with dry skin or skin that is not elastic.

Here are a few ways to prevent stretch marks from forming and some commonly available treatments to combat this skin condition.

1. Moisturizers. For people with dry skin moisturizers are a must to avoid stretch marks. If the skin lacks elasticity, the body is more likely to produce extra collagen and form the stretch mark. Shea butter has been proven to be a great intensive moisturizing treatment.

You could also help moisturize your skin by refraining from wiping yourself vigorously with a towel after a shower. What you should do is gently pat your skin dry in the bath. Better yet, you could pat yourself slightly and let the moisture seep into your skin and evaporate naturally. You could also spray on moisturizing oil while you are glistening moist in the bath.

2. Diet. A proper diet makes the body healthy. That includes the skin as well. While you may not really notice it, the secret to glowing, supple, elastic skin is proper diet and hydration. Make sure you take a

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good amount of water everyday to keep yourself from being dehydrated. If you are dehydrated, then your skin suffers as well.

Also avoid diuretics and other substances that could harm your skin. Coffee and caffeinated drinks are some of the greatest offenders against skin health -so are tea, smoking, and other substances that cause dehydration and poor blood oxygen levels.

Gorge on vegetables and fruits that are high in vitamins A, C, and E, which are powerful antioxidants that can help reverse the effects of free-radicals on your skin. Moreover, such vitamins help keep smooth and healthy skin and reduce the chance that stretch marks could appear.

3. Exercise and Massage. Exercise helps promote better circulation and overall skin health. More blood means better nutrition for the skin. And better nutrition for the skin is healthier, suppler skin that is less likely to develop stretch marks. Massage also helps keep the skin supple; coupled with

massage oils, could increase the elasticity of the skin.

Conclusion While maintaining healthy skin certainly improves your chances against developing stretch marks, it pays to remember that this skin condition is also affected by many factors such as genetics, some ailments, and environmental factors. But with healthier skin, you can at least reduce the incidence of stretch marks dramatically.

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<http://stretch-marks-prevention.com>

### **Remove Stretch Marks In Your Home**

#### **By Low Jeremy**

Stretch marks has often been a reason to be self-conscious. It is natural to have them but to have those kinds that are so dark, they really look dirty is another thing.

Laser surgery in removing stretch marks is so pricey. Why pay hundreds when you can remove those pregnancy scars/working out scars yourself?

Often times, stretch marks appear on parts where fat is stored. These are the abdomen, thighs, buttocks, upper arms, under arms and breasts. Women who had just given birth have theirs as reddish marks which become light purple later on. These can also be obtained through physical activities such as working out. Also, if your weight balloons up and down on the weighing scale, your skin is often stretched and the collagen normally produced is disrupted, resulting to discoloration.

Realistically, stretch marks cannot be removed instantly. According to doctors, these are already scars.

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What you can do is to make them less noticeable by lightening the dark spots.

The most common home remedy in removing stretch marks quickly is cocoa butter. This has been tried and tested by mothers who had recently given birth. It is also possible that the massaging action of applying the cocoa butter attributes to the less noticeable stretch mark.

Another solution you can try is to exfoliate. Choose a product that will work best for you. After exfoliating, use a good lotion on the scars. Some have even tried squeezing a Vitamin E capsule open and applying the liquid to the area with the stretch marks. According to them, it worked.

You can also use olive oils and coconut butter. Thoroughly massage these topical ointments on the area where the stretch marks are located. Do this religiously and regularly. Sooner or later, you will see results.

If you prefer those you can buy in the drug store, there are a number of products you can use. An example is the Palmer's Stretch Marks Cream. It is herbal based and is quite safe and effective in removing those unwanted stretch marks on your thighs, buttocks, stomach and breasts. It also restores your skin to its original texture.

Stick to one solution. Do not go from one home remedy to the next - as to this might have additional side effects. Make up your mind which remedy you would like to try and stick to it for at least 6 to 12 weeks. If there are no improvements, then you can try another one.

Prevention is better than cure and the most effective way for you to not get stretch marks is to exercise. By doing so, your muscles and your skin remain firm. You can also eat foods that are rich in proteins, Vitamin C and Vitamin E. Drink lots of water because they can also help your skin to be healthier.

Stretch marks are not hazardous to one's health though. Having them does not mean that the person will not be able to function properly. It is normal for everybody to be concerned on how they look and although these stretch marks are located in areas that are not usually seen, the fact that you still have

them can lessen your confidence.

We all have a right to feel good about ourselves and if lessening the possibility of having our stretch marks noticed, then so be it. If it also means removing our stretch marks fast, then go for it.

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