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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!**

**Teenagers Acne Care**

**By Melissa Core**

When I was a teenager, I was known as the Acne King, with a face full of scores of black and white

heads. My colleagues gave me that nick name with a real and visible motivation. My face was a talking running advertisement for acne. My peers, especially the girls, were according me with generosity their contempt, and I suffered much for it. Removing the ugly acne was more than a necessity.

My parents firmly had the opinion that my acne was the result of a poor diet. Eating out was not the cause of my acne, I presumed. The neighborhood fast food dished out a dose of junk, but a number of my friends ate out with me, even more frequently than I did and nothing happened. It looks like the popular belief was wrong.

The myth was busted out of my life and become to believe that another myth was true. You can find other teenager related material at

<http://www.mmdatahub.com>

. It was about chocolate, but I couldn't

give up eating it, with the entire risk to remain the acne king for my life. I read many articles and medical new about this subject: the good news was that chocolate has nothing to do with my acne. It was a very good news, chocolate is making everybody happier.

My peers had a shocking opinion about my acne; maybe it was another myth about it. They never believe that it was the result of a specific alimentation, but the result of my constant and frequent masturbation. Why don't believe them? For a while I did so. But any hot-blooded male, in this point of his life is doing the same. I was a teenage male and who doesn't indulge masturbation during this period of his life? After another time, I realized that it was another myth, as false as the others. Was I so stupid to believe that my colleagues, my male friends who had no acne at all, did not masturbate? Not at all! I was again playing my myth buster role: I would believe that they were aliens! Another myth vanished for ever from my life.

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Another myth, more veridical than the previous ones, was that acne is the result of too much dirt accumulated on my face. This myth had a genuine and even scientific support, so I believed it. But a logical reason comes to my mind: why my legs and arms, more frequently exposed to dirt wasn't riddled with acne (or any other part of my body)? There are on the market several soaps and solutions especially made to avoid or eradicate acne; the famous anti acne remedy. I spend a major part of my youth washing frequently and seriously my face with this kind of cream, soaps and solutions. Nothing happened. I had the feeling than more I was fighting against my acne, more I was invaded by.

Desperate and without expectation to win this unfair battle, I gave up. I was surrounded by false myths and there was no way to eradicate the acne from my face. After a few years, after I was slowly grown out of my teenage, the acne disappears, on its own, without traces. Maybe some small scares are telling me something about those dark ages, but now my face is clean, pure and radiant!

Melissa also enjoys these two other informational sites:

<http://www.ourpressreleases.com>

### **The 10 Most Common Misconceptions About Acne**

**By Den Fransen**

1) Diets cause acne. Contrary to popular believe, no proof has been found that acne is caused by a diet. Chocolate causing acne is the most common misconception there is about acne. Several scientific studies have been performed on this subject, but none of them could confirm this theory. Other food like sugar oil, milk and seafood are not known to cause acne.

2) Popping pimples helps. Popping pimples will not help you to get rid of them. They might go away for a few hours, but will always come back worse. If you pop a pimple you are opening the wound so bacteria and dirt can get in to cause redness and infections.

3) Washing your face helps fights acne. Washing your face will get your face clean of dirt, but it will also dry out and irritate your skin. So wash your face at most twice a day with a gentle soap and do not rub it clean or dry to avoid irritating the skin.

4) Only teenagers have acne. Most teenagers have acne and in most cases these problems will clear up when they reach their 20s, but some people still have acne problems when they are 30 or 40.

5) The sun will clear your acne. The sun might help clear your acne on the short term, because it will dry the skin. But it is not a good remedy for acne on the long run. Usually your acne will come back after a while and probably will be worse. Best way is to protect your skin by using sunscreen.

6) Makeup gets you acne. Choose makeup that is non-acnegenic or non-comedogenic, so they won't clog your pores. For people with severe acne, best is not to use makeup at all. If you're not sure about what cosmetics to use consult your dermatologist or doctor.

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7) You can stop medication once your acne is cleared. Don't stop your medication without consulting your doctor or dermatologist. If you stop your medication too soon, your acne might come back.

8) Stress causes acne. Acne may cause stress, but not the other way around. Some stress medication may cause acne as a side effect. If you're not sure if your drug gives you acne, consult your doctor.

9) Acne can be cured. No cure for acne has been found yet, but there are a lot of treatments available for reducing acne and acne scarring.

10) You can't help acne scarring. The best way to prevent acne scarring is to prevent acne itself. If you treat your acne early and for as long as it takes, you can minimize scarring.

Den Fransen is the editor of

<http://acne-papers.com>



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