

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Best Way To Clear Up Acne

By Jenny Riley

When you have a pimple on your face it is certain that this will attract remarks from friends and foes. The only snag is the comments can be derisive, rather than complimentary. I experienced the same thing in high school, when my biggest priority then was finding the best way to clear up acne. Let's face it; no one likes a face full of pimples, because they have a way of lowering your self esteem. But fortunately, there are several methods available for getting rid of this skin condition.

I can bet not many people know of any method that can guaranty a total clear up acne. And the reason for this has to do with our skin types. Again, I can wager my monthly pay that most folks don't know their skin types either. I got to know mine when I was 19 years old.

But a fact that is both glaring and disturbing is that males have oilier skins than females, which can only indicate one thing: males are more susceptible to acne. Regarding your skin type, consulting a skin physician will help clarify this, and this doctor can also suggest ways to clear up acne, and prevent its reoccurrence. Acne are caused by the blockage of skin pores by dirt's and oils, so the best way to prevent this skin blemish is to free the skin from the causative agents.

If you find the subject of how to clear up acne confusing, you can turn to the Internet for assistance, of course using your computer or Mac. You can find one of the numerous products that really clear up acne very quick. One good product I recommend is Proactive Solution, but your physician can also prescribe an effective cream or pill.

Other factors that can aid the process of removing skin blemishes is by following a healthy diet regimen and drinking plenty of water. Also the right amount of sleep can go a long way in keeping your body rejuvenated. Generally, you can clear up acne by living straight and adhering to the appropriate treatments for your skin blemishes.

By Jenny Riley

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

<http://www.skin-bright.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.

7) You can stop medication ones your acne is cleared. Don't stop your medication without consulting your doctor or dermatologist. If you stop your medication to 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 your 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>



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!