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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!

Water and Sunlight Helps to Clear Acne

By Keith Londrie

Water and Sunlight Helps to Clear Acne

Drink More Water

The skin stores around 12% water. It is important to maintain this amount with the correct amount of good fat to keep your skin from getting acne. You need to drink around 2 quarts of distilled water every day. If you are not drinking this amount, just start increasing the amount that you do drink until you are at this level.

Drinking water helps you get rid of toxins in the blood. By drinking water, you will urinate more and more toxins will be eliminated. The cleaner your blood the healthier your skin will be and you will not have a problem with acne.

Use glass containers when buying distilled or reverse osmosis water. Try to avoid using plastic containers for water since plastic containers contain chemicals, left in the container walls during manufacturing, which leaches out into the water.

If you are drinking fresh juices, you will also be getting water from these juices. Drinking sodas is not drinking water. I repeat, drinking sodas or "pop" is NOT drinking water.

Here's a few things you do to help you drink more water or to make the water healthier. Find a 16 or 32 oz glass container and add distilled water. Then add one of the following nutrients:

- * A few drops of Alkalife. This solution changes the pH of the water from 7 to 8 and also activates the water with its electrolytes – sodium and potassium.
- * Squeeze the juice of one lemon into the water. Do not add sugar. A few drops of honey may be ok though.
- * Put 2 oz of mangosteen into the water. Mangosteen is an over all body tonic. It works on all parts of

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the body and will help keep you regular.

You can also choose to add your favorite nutritional flavor to give water an additional value.

Chose one of these natural additives for your water and drink this water little by little all day long. This is one more thing you can do to get rid of acne, improve your skin texture or to keep the nice skin you already have.

Visit

<http://acneinformation.info/>

for all kinds of information regarding acne, it's causes and cures. Don't

let acne get you down.

Go out and Get Some Sunshine

One thing you can do for your skin is to get more natural light.

Expose your face to plenty of sun and air. This helps your skin to heal faster. But don't purposely place your face in the sun, but remaining in the shade and open outdoors gives you plenty of sun and air.

At least 20 – 40 minutes a day in the outdoors is necessary for you to get sufficient vitamin D for you daily needs.

For More Information Contact:

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Keith Londrie II is a renowned specialist in acne cures and research. He provideds free information on the subject matter at his web site at

<http://acneinformation.info/>

– Visit to get your questions answered

now.

The 10 Most Common Misconceptions About Acne

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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>



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