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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!**

**What Foods Cause Acne Breakouts?**

**By Scott Patterson**

The old adage, "you are what you eat" cannot be truer than when it comes to common causes of acne. Often individuals who do not consume a healthy diet or whose diet lacks the proper amount of critical vitamins and minerals suffer from acne problems.

Remember, your body must be healthy before your skin can be healthy, so strive to eat a well balanced diet, and dedicate yourself to an active lifestyle in order to enjoy unblemished, smooth, and glowing skin.

If you are experiencing skin problems, instead of treating your body's largest organ with harsh chemicals or taking medications that may interfere with your other prescriptions, look first at the nutrition value of your current diet. Work to improve your skin and protect yourself from acne by following these guidelines.

----->Banish Fats, Oils, and Sugars

Often times, consuming a diet high in fats, oils, and sugars can wreck havoc on an individual's skin. Just as these unsavory additions to your diet can cause other issues seen in your body, what you eat directly affects the quality of your skin.

Most people have experienced a break out after binging on junk food or fast food, most of which is high in fat, sugar, carbohydrates, and oils. In order to stop break outs associated with eating this unhealthy food, begin to replace these items in your diet with foods that are natural and healthy.

----->Avoid Popular Misconceptions

Many individuals are under the misconception that eating certain foods can cause or worsen their acne condition. The most popular food to blame for bad skin is undoubtedly chocolate. Chocolate lovers will take great pleasure in noting that no one specific type of food—including chocolate—has been proven to cause or worsen acne in individuals. However, you should enjoy your chocolate sparingly, as your entire diet can definitely affect the quality of your skin's appearance, even though one particular item

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may not be the trigger.

### ----->Try Organic Foods

When looking to change your diet for the better, take care in including fresh, wholesome foods into your new lifestyle. Many individuals have found great success in incorporating organic foods into their diet, since these items lack any added chemicals, preservatives, or potential toxins that can affect both your body and your skin.

Furthermore, structure your diet around fresh fruits and vegetables, most of which contain necessary vitamins that will positively affect your entire body. Also, you may want to avoid eating meat products high in fat, since fats can be quickly be stored in your system, lasting long after that greasy burger has been digested.

### ----->Consider Vitamin and Mineral Supplements

Many individuals do not receive the properly daily recommended dose of vitamins or minerals in their diet. For this reason, you should look into including supplements in your daily health regimen. Remember, before consuming any medications or supplements of any kind, be sure to consult your primary health care provider to ensure the dosage is proper and the medication will not negatively interact with your current prescriptions.

Too, you may want to find a solid multi-vitamin that is specified for your gender, age, or activity level. Be sure to look for supplements that include Vitamin E, a necessary vitamin when it comes to the health of your skin.

### ----->Hydrate Your Body

Unless you are drinking at least eight eight-ounce glasses of water each day, you are not hydrating your body to a healthy extend. Most individuals are not properly hydrated and their skin pays the price. If you find your skin is dull, ashy, flaky, itchy, or excessively dry, you are not drinking enough water to benefit your body.

Hydrated skin is fresh and glowing, so you should drink up to experience these great effects! Also, drinking the proper amount of water on a daily basis will also benefit your overall sense of health. Avoid drinking sodas or sugary sports drinks, since the added sodium and sugar can be detrimental to your healthy lifestyle.

By following the above guidelines for clear skin, you can actively work to maintain healthy looking skin that is free of acne. If you find yourself suffering from acne or other skin conditions, focus inward instead for a treatment of this problem instead of slathering your skin with potentially harmful creams or lotions that may cause more harm than good. By eating a proper diet, you will ensure your skin is as healthy as you are.

Scott J. Patterson is the owner of Acne Care Information, a newsletter filled with fr\*e acne advice and

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resources. To learn how you can conquer your acne and improve your self-esteem, check-out the following link:

<http://www.acne-care-information.com/in.html>

### **3 Easy Ways to Treat Body Acne!**

**By Venkata Ramana**

#### **3 Easy Ways to Treat Body Acne! by Venkata Ramana**

Are you suffering from Body acne? or Zits below the neckline? Don't worry. You are not alone! Lot's of teen get body acne. It is common in the winter months, when you are wearing piles of heavy clothing.

Sweat can clog skin pores and lead to breakouts all over. Other things that can cause body acne are tight fitting clothing ( It traps sweat against the skin, leading to clogged pores and blemishes) stress and hormones. Body acne commonly pops up on the chest and back.

Ø To zap body acne and prevent it from coming back, you can wash your body daily with a salicylic acid based cleanser. Look for this ingredient on product labels.

Ø Shower daily and be sure to shower as soon as possible anytime you have been sweating – such as after playing sports, working outside or just being in the sun. After your shower, you can follow up by a body moisturizer that contains Alfa Hydroxy acid. This will exfoliate skin and help prevent breakouts, without drying skin out.

Ø At Nighttime you can treat body acne just like facial acne, by applying an acne zapping gel or cream at the effected parts.

Ø If your body acne is particularly bad and wont respond to this treatment after about a month, you will probably need to see a dermatologist.

Venkata Ramana is a Fitness Enthusiast and a Professional Body Builder. Visit his <http://www.awacne.com/> and <http://www.awdepression.com/> websites and gain maximum Information to stay fit and healthy.

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