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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's The Real Cause Of Acne

By Houa Yang

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by: **Houa Yang**

Most acne medications only mask the symptoms of acne and does nothing to stop the real cause of acne. This is why acne sufferers buy acne products month after month (year after year). And every time they stop using the product acne would come back again and again.

What you need to do is find out what the real cause of acne is and stop it.

So What's The Real Cause Of Acne?

Acne occurs when your body contains more toxics than your kidneys and bowels can remove. (Your kidneys and bowels are the two primary channels of elimination that your body expel toxics and waste products through.)

These toxics can be the accumulation of fat stored chemicals the liver can not wash out or there may be a problem with fat digestion, fat accumulation, food allergy, or even the accumulation of hormones that your body produces.

Once these toxics build up, your kidneys and bowels can get overloaded and clogged up, causing it to not function properly.

When that happens some of the load will be dumped onto your liver. One of your liver's main roles is to metabolize pile up fat into usable energy for your body.

This means, your liver will be doing some of your kidney's work. So now, your liver gets overloaded and it too will not work at full capacity.

What happens when your bowels, kidneys, and liver gets overloaded?

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When that happen your body will expel toxins through your lungs and skin (your secondary channels of elimination). And this is when acne occurs. This is when your skin starts to breakout.

So whatever the toxic source is that's causing this problem, acne is a sign that your bowels and kidneys are overloaded with toxins, waste products, or hormones.

It is a sign that your liver is growing weaker in its detoxification abilities (and it will continue to grow weaker if you do not do what it takes to get rid of the toxics in your body).

So if you think that acne is your only problem, think again, your liver, kidneys, and bowels are getting weaker every time you breakout.

Houa Yang is dedicated to helping acne sufferers get rid of acne fast and stop it from ever coming back without any acne medications or prescription drugs. For details visit:

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Houa Yang, arthur of The Definite Guide To Acne Free Skin. Discover how to get rid of your acne in 3 days & stop it from ever coming back without any acne medications. Click here for details:

Don't Spend Money on Acne Remedies. Fight Acne Naturally!

By Scott Green

Acne is commonly a skin condition that is seen as whiteheads, blackheads, pustules or infected and inflamed nodules. Acne often is found on a persons face, chest, neck, and back. While many acne types usually affect the teenagers, various acne conditions are not restricted to a particular age group; even adults in their late 20s or even well into their 40s - have the possibility to also suffer from acne. Though acne is not life threatening, it can cause unwanted permanent scarring and cause emotional distress if it is not treated properly. People with Acne problems often tend to be more self-conscious about their appearances when having outbreaks or blemishes.

Instead of having you dig deeper into your pocket for various types of expensive Acne Treatment remedies, you should attempt to fight acne naturally by avoiding your pores to get clogged. For many people with acne outbreaks, it is about avoiding the common acne outbreak. Just by following some of the simply steps listed below, people that often have outbreaks can dramatically decrease their chance of another acne outbreaks:

By not touching your face with your hands, including popping the zits.

By washing your skin with a mild soap, acne cleanser such as Proactiv Solutions

By avoiding stressful situations

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By allowing your skin to breath; wear loose clothing

Scott Green has extensive experience in the Dermatology field and shares his knowledge openly on his very resourceful site

at

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