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How to Cure Acne Permanently for Adult & Teen

Table of Contents

How to Cure Acne Permanently for Adult & Teen.....	1
Table of Contents.....	2
Disclaimer.....	3
Understanding Acne.....	4
Myths About Acne.....	10
What Really Causes Acne?.....	15
Important for Parents of Teens with Acne.....	19
Teenagers' Guide on Treating Acne.....	23
Adult Acne.....	26
Severe Acne.....	32
Acne Dissected: The Causes.....	35
Prevention Is the Best Way to Treat Acne.....	37
Natural Acne Remedies.....	40
Over-the-Counter Acne Remedies.....	47
Prescriptions.....	51
Surgical Options.....	54
Conclusion.....	57
How to Defeat Acne Once and for All, My Experience.....	58

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Chapter 1

Understanding Acne

What is acne?

Of course, most of us know what it is, simply because we have to experience it at some point in our lives.

However, if a definition is needed, here is a short definition.

Acne is a dermatological term that includes clogged pores, blackheads, and lumps or cysts that appear on the face, neck, chest, back, shoulders, and upper arms.

Acne occurs most often in adolescents, but it is not limited to any age group, and even affects adults in their forties.

There are many types of this disease, and although none is life-threatening, the most severe cases of acne disfigure and leave permanent scars on the affected area.

There are five descriptions of physical changes in body tissues (or lesions) caused by acne: comedos, papule, pustule, nodule and cyst.

In addition, these terms indicate the extent or severity of acne (also called blackheads and whiteheads) on one end and nodules or cysts on the other.

This is the characteristic of acne, and certain groups can determine the severity of acne:

- **Blackheads:** When your pores are partially clogged, you will develop acne, allowing some bacteria, dead skin cells and sebum to escape. Drop onto the skin surface. skin. Your skin. The dark color brought by blackheads is not dirt, so washing your face frequently does not prevent the appearance of acne. Pimples are firmer and usually take a few days to a week to clear.
- **Whiteheads:** When the pores are completely clogged, you will see the appearance of white acne, as opposed to black acne. For whiteheads, they are often short-lived and are the result of sebum, bacteria, and dead skin cells trapped under the surface of the skin.
- **Papules:** These are red, painful bumps, inflamed and without the head.
- **Pustules:** Pustules are what we usually call "pimple." They are very similar to white heads, but are always inflamed and contain white or yellow centers.
- **Nodules:** Nodules are large spots that can last for months and are difficult to treat due to their pain. Nodules are hardened bumps under the surface of the skin. Scars are common for nodules. If you think you have nodules, please do not squeeze them, as doing so can cause severe skin trauma, spread the nodules and prolong life. Do not try to treat the nodules yourself, but make an appointment with your dermatologist for help, because it is difficult to control the nodules with over-the-counter medicines or home remedies.
- **Cysts:** Just like a nodule, cysts can be large and feel hard. In fact, some cysts feel like balls in the skin. They are also very painful and full of liquid. Do not squeeze or try to break the cyst, as it will push bacteria and infections deeper into the skin.

In addition to the common acne that many of us experience from time to time in our lives, there are four types of acne that are considered more serious and should be treated by a doctor.

Acne Conglobata

This is the most serious form of acne and is usually characterized by the large appearance of a large number of nodules, which are usually interconnected, interconnected, and contain a large number of blackheads.

Because these lesions can be ulcers, they can cause severe scars and disfigurement on the surface of the skin.

Conglobata usually appears on the face, back, chest, upper arms and thighs.

Acne conglobata usually affects people between 18 and 30 years of age, and is more common among men. It should also be noted that acne conglobata may remain active for many years and will not be dormant until something that causes an acne outbreak occurs.

The cause of acne conglobata is not yet known.

Acne Fulminans

This severe acne is actually a sudden onset of conglomerate acne that usually affects young men.

The symptoms of severe nodular cystic acne are obvious, and ulcers usually form. As in normal cases of acne conglobata, the lesions cover most of the limbs and face, including disfigurement scars that will eventually form.

However, acne fulminant is unique in that it also includes symptoms such as fever, joint pain (especially knees and hips), and varying degrees of weight loss, depending on the individual.

Gram Negative Folliculitis

Gram-negative folliculitis is an extreme form of acne caused by inflammation of the hair follicles caused by bacterial infection-this condition is characterized by pustules and cysts.

In some cases, it has been determined that its development is due to complications caused by long-term antibiotic treatment of acne vulgaris.

The reason this form of acne is called "Gram negative" is related to the fact that Gram bacteria is a blue dye used in microbiological laboratory tests.

Bacteria that do not stain blue are called "Gram-negative bacteria".

Like other extreme or severe acne, Gram-negative folliculitis is a rare disease, and we don't know whether it is more common in men or women, because both are documented.

Pyoderma Faciale

This severe acne only affects women, usually between 20 and 40 years of age.

It is characterized by large, painful nodules, pustules, and sores that may leave scars. If it develops suddenly, facial pyoderma may appear on the skin of women who have never had acne before.

Generally speaking, this extreme acne is limited to the face. Although it will not last for more than a year, it can cause great damage in a short period of time.

Keloidalis

Keloidalis are a type of scar-like acne that can occur in both men and women, but it is more common in men.

Keloidalis scars usually affect the neck area. When the inflamed papules and pustules develop into larger cysts and nodules, the skin becomes very greasy, causing atrophy and keloid scars on the neck, shoulders, and upper back.

Other types of acne include:

- * Acne Rosacea: It is more common in the elderly and is characterized by red rashes on the chin, nose, cheeks, and forehead.
- * Acne Conglobata: This is a highly inflammatory disease accompanied by acne, nodules, abscesses and nasal drainage.
- * Acne Fulminans: This is a serious form of skin disease, acne, which may occur after failure to treat another form of acne (such as acne conglobata).

Acne usually occurs during a person's puberty.

However, adults have no immunity to acne, and many of us may end up suffering from it for a lifetime if we don't treat it.

As mentioned above, acne is most common among teenagers, affecting teenagers between 12 and 17 years of age.

These mild cases can usually be resolved with over-the-counter treatments, and acne will disappear in your early twenties.

It should also be noted that although acne affects girls and boys the same, there are some differences.

Young men are more likely to have severe long-term acne, while women may relapse or intermittent acne in adulthood due to hormonal and cosmetic changes.

When it comes to acne, it is difficult to know which strategies and methods can actually control or eliminate acne, especially as there are so many misunderstandings and ideas circulating among discussion groups, communities, and even acne support groups.

As your acne gets worse, to follow strategies that can lead to permanent scars, it is important to understand what works and what does not work.

As a person who has suffered from extreme acne for many years, I have compiled all my personal strategies that have led me to fight acne permanently so that anyone who suffers the same pain and embarrassment can follow the techniques I use to solve acne problems. Live a permanent life without blemishes.

Now that we have summarized what acne is, we can continue with the subject of this book.

Acne guidelines: what types exist, how to treat them, and the myths currently circulating about it.

I hope readers can understand more clearly various forms of acne and how to combat and reduce its impact on the lives of acne patients.

This is by no means an exhaustive guide on the subject, nor is it a clinical journal, but it is at least an introduction and source that can further study the causes and treatments of various forms of acne.

Chapter 2

Myths About Acne

Many of the problems faced by those trying to deal with acne are sources of misinformation about the cause of acne.

Although there are many effective sources of information about acne, these myths still exist and are passed on through word of mouth to those who unfortunately suffer from this disease.

Problems tend to escalate, rather than finding solutions and treatments to relieve symptoms. Unwise treatments based on these myths may produce fewer effective results and usually cause more damage to severe acne.

Given the impact of these myths on understanding general acne and specific treatments, it is wise to quickly understand some of the more common myths and use the truth about them to eliminate misinformation.

After this, we can continue to discuss what is the real cause of acne.

Myth 1: Everything is in your lifestyle.

If you create a list based on hundreds of theories and elements that are said to be related to the causes of acne, your list will never be complete.

With birth control pills, wrong diet, exposure to the sun or bacteria, people are constantly being misled to believe that if they only avoid certain things, their acne will suddenly disappear.

In other words, certain foods can make your existing acne worse. If you develop acne after eating a certain food, you should eliminate it from your diet.

However, any kind of food is not the cause of acne, but it may be the cause of exacerbation of existing acne.

In fact, in order to control your acne, you must understand the main effects that make your acne worse or worse, but chocolate and birth control pills, as well as other ridiculous villains listed on forums and community sites, they are not responsible for your acne problem.

Myth 2: Acne is Caused by Poor Hygiene

If dealing with acne is not difficult enough, it is generally believed that acne is actually caused by poor hygiene.

To make matters worse, those with acne who think they don't clean the area often can actually make acne worse by over-washing or constantly scrubbing the skin with abrasives or scrubs.

No matter how long and what ritual you use, you rub your face and other areas affected by acne; this will neither affect the current state of rupture, nor the generation of new problems.

In fact, this strict washing and scrubbing regimen can irritate the skin and make acne worse, rather than getting better.

Although you may have heard from well-meaning growing parents or other misguided people, acne is not caused by poor hygiene.

This does not mean that hygiene is not important. In fact, when used with acne treatment products, good hygiene can help reduce the effects of acne.

Instead of washing your face frequently and vigorously, it is generally recommended that you wash your face with mild soap two or three times a day, and then pat dry; do not wipe.

Myth 3: Acne is Caused by Stress

Stress is not the direct cause of acne, but certain types of stress do cause the body to produce a hormone called cortisol, which stimulates existing acne.

Indirectly, some of the drugs we use to relieve or control extreme stress or emotional problems (such as depression) may be a factor in acne. In fact, some drugs list acne as a possible side effect.

Myth 4: Acne Is Caused by Cosmetics

This is a myth that I once believed in myself and discarded all cosmetics, cosmetics and creams, thinking that they were the culprits of my acne.

Although excessive use of cosmetics can clog pores, the use of cosmetics is not the cause of acne. Dermatologists say that even oily cosmetics are not directly related to acne outbreaks.

Myth 5: Acne Will Go Away on Its Own.

This is usually incorrect, and acne needs treatment to heal.

With the selection of acne treatment products available today, there is no reason not to research and find out which one works best for those interested.

In some cases, a dermatologist should be consulted and other forms of treatment should be performed.

Myth 6: Acne Is Contagious

Have you ever felt that everyone around you was disgusted with your acne and worried that it might somehow jump out of your skin and land on their skin? You are not alone.

Acne is contagious, is a common misunderstanding.

By touching an area of the body that contains acne, and then touching another person, you can "transfer" the acne to that person. Acne is not contagious, period.

Myth 7: Acne Is Caused by Oily Skin

This is a very common myth. In theory, it seems to make sense, right?

People with acne usually have oily skin, but oily skin is not the cause of acne, but the symptoms of acne.

Myth 8: Tanning clears up skin

In fact, this will have the opposite effect.

At first, it looks like the last baking or sunbathing on the tanning bed improved your skin tone, but in reality, tanning may just cover up or cover the acne.

The sun can actually dry out and irritate your skin, which can cause more pimples.

On the other hand, if you are tanning, be sure to use sunscreen that does not contain oils or other chemicals, which can clog pores and make acne worse. (Look for non-comedogenic or non-comedogenic on the label.)

Myth 9: Popping Zits Will Make Them Go Away Faster

Again, although this seems to be true, this is another myth.

This behavior does not speed up the healing process, but prolongs the situation, because squeezing the acne will cause the bacteria inside to penetrate into the skin, leading to more infections and eventually scarring.

Myth 10: Only Teenagers get Acne

The fact is that 25% to 30% of all people between 25 and 44 years old have active acne.

Therefore, the idea that acne is only a problem for teenagers is another myth.

After covering these myths, it is important to note that these are not all myths circulating in popular health magazines and the Internet.

No, far from it. Where did dozens of these come from?

The reason for including it in this book is to help you, the reader, understand that with the emergence of new sources of information (for better or worse), the subject of acne becomes more complex, and you must be very careful about the topic when researching. Subject and decide which sources to trust.

Myth 11: There is No Cure for Acne

Many people believe that acne occurs naturally, and you can hardly prevent it, let alone eliminate it.

Others believe that acne will go away on its own. Both of these ideas are largely wrong. It is possible to overcome acne, especially when you suffered from acne in adolescence, but if you are still dealing with acne as an adult, you should take measures to reduce and eventually eliminate acne through natural remedies and treatments.

Acne in adulthood rarely disappears without proper treatment.

When it comes to the notion that acne cannot be cured, in fact, by following a simple strategy that focuses on controlling and eliminating acne, you can live an acne-free life without having to spend money on expensive surgery, chemical additives or prescription drugs.

We will learn about this later on on the later on chapters.

Chapter 3:

What Really Causes Acne?

It should be stated at the beginning that the exact cause of acne is unclear. Although endless research has been conducted so far, nothing has been isolated as the main cause of acne development.

However, with this in mind, doctors and researchers have at least reached some conclusions about which risk factors are involved and ultimately lead to the development of acne.

According to some researchers, the main reasons are hormones and heredity, but this does not explain everything. No, in some cases, factors such as medications, types of cosmetics, and certain aspects of personal hygiene (i.e., skin cleansing methods) are more likely to create conditions for the formation of acne.

The environment can also be a catalyst. Those who use chemicals or come into contact with oils are more prone to acne, because these materials themselves can clog pores.

Hormones

With the onset of puberty, the body begins to produce hormones called androgens or male sex hormones, which increase in boys and girls.

These androgens can cause enlargement and excessive stimulation of sebaceous glands in hair follicles or skin pores.

The excess sebum or oil produced by the sebaceous glands mixes with dead skin cells and bacteria on the surface of the skin, thereby clogging the pores.

In clogged pores, bacteria multiply and cause inflammation. All of these can lead to acne-related lesions. Adolescents are the most common acne patient, simply due to hormonal changes associated with puberty.

Current data indicate that nearly 85% of people will develop acne sometime between 12 and 25 years of age. It is also important to note that hormonal changes related to the menstrual cycle, pregnancy and even menopause are the culprits.

In creating acne. In addition, when women start or stop using contraceptives, the hormonal fluctuations that may occur at this time can cause some women to develop acne.

In addition, hormonal fluctuations in adults (males and females) can cause a surge in sebum production in the sebaceous glands. Due to hormonal changes, many people are prone to acne.

Genetics

Another factor is heredity or heredity. Many researchers now believe that the tendency to develop acne can be inherited from parents.

In research conducted by many scientists, it has been found that there is a connection between current acne patients and the presence of acne in their family history.

However, strictly speaking, acne is not a genetic disease, at least not in a medical sense.

However, acne is more common in children whose parents have or still have acne than in children without acne.

Although the research is still in progress, there is no doubt that the research will continue to produce new results and may be able to unearth deeper genetic causes.

Other Factors

Medication

As mentioned earlier, the side effects of certain medications can cause acne. Examples might include: barbiturates, antidepressants, anxiolytics, lithium, and some forms of steroids.

Heavy or oily cosmetics

For some cosmetics, its ingredients can affect the structure of hair follicles, resulting in excessive sebum secretion, which can block pores.

Over-abrasive cleansing

Astringent facial products will dry out the skin, and will also cause the body to overproduce sebum to compensate. Using a strong scrub can damage existing spots and spread infection.

Flare Up Factors

There are many other factors that can cause existing acne outbreaks and cause more problems.

The following pages list a small list of some of these factors to help us understand acne more clearly, and hope to better understand the reasons and factors that make acne so inconvenient and uncomfortable.

Pressure from helmets or hats, backpacks, tight clothing

If the skin is stressed, such as when wearing a hat and helmet, or when the backpack is pressed on the shoulder, the possibility of irritation and breakthrough is real.

Or friction, such as the friction that occurs when wearing tight clothes, or the pressure in the above-mentioned hat or helmet, will have a great impact on the pores and worsen the acne.

Environmental Irritants

If a person works in a garage or factory, certain chemicals in these environments can actually cause a burst, or even a burst.

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