

**My Ultimate Ebook ~ How to Have
Beautiful Skin for the Rest of Your Life
65+ Best Combine Do's and Don't Tips at
Any Age 18-99 Vol.2**



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Natural Beauty: 14 Days to Rejuvenated Skin

Featured On The Morning Program! A Quick And Easy Diy Natural Anti-aging Skin Care Recipes Formulated With The Powerful Rejuvenation Properties Of Common Organic Ingredients. Loaded With Skinsational Tips For Younger, Beautiful Skin. Check Out This Website Today! Go to: <http://tinyurl.com/kumn9d5>

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Chapter 1: A Little Skin Biology

Its hard to realize that skin is an organ. In fact its the largest organ of the human body called the integumentary system. It protects the internal organs, as well as muscles bones and ligaments. Our skin forms a protective barrier against the environment. It blocks our internal bodies for us against germs and other organisms from getting inside. It is the skin that helps keep our body temperature regulated.

An average adult has 18 to 20 square feet of skin covering their bodies. It weights approximately 6 pounds. One square centimeter of

skin is made up of 6 million cells. Skin on the human body has 5,000 sensory points. It consists of 100 sweat glands located throughout the skin system and 15 sebaceous glands. Human skin is about 0.07 inches or approximately 2mm thick.

Skin is composed of 3 primary layers with multiple sublayers. The outer most layer is the Epidermis, the middle layer is the Dermis which also includes connective tissue and the Subcutaneous or Hypo-Dermis is the bottom layer. The Epidermis is a tough protective layer that contains the melanin. It is melanin that gives us our color and helps protect us against the damaging sun rays. The second layer found under the Epidermis is the Dermis which contains nerve endings, sweat and oil glands and hair follicles. The Hypo Dermis is the layer that is comprised of adipose (fat) tissue as well as the blood vessels.

Human skin constantly regenerates itself. To start the process of regeneration; a cell is generated in the dermis of the skin first. The same cell migrates up towards the Epidermis over a two week traveling period. At the end of the two weeks it will reach the bottom layer of the Epidermis. This cell continues moving until upward until it reaches the surface of the Epidermis. It spends two more weeks in the Epidermis flattening out where it eventually dies and sheds. The process of cellular migration from the Dermis to the Epidermis repeats over and over again. It is a continuous process that occurs our whole lives. We shed two to three billion skin cells on a daily basis.

The human body goes all out to replace cells as they shed on a monthly basis. This is because the skin is the first line of defense against dehydration, infection, injury and extremes of temperature. The skin is an unbroken surface that protects things from entering the body or penetrating and going throughout our systems. Skin cells detoxify harmful substances that try to enter our bodies much in the same way the liver does. They both filter and help our bodies remove the toxins so the toxins can be eliminated as waste. Skin can also

absorb and utilize nutrients that are topically applied to it. Lets look at each layer now independently.

The Epidermis

This is the skin layer between you and the external world. It consists of three types of cells. The total thickness of the epidermis is between 0.5 to 1 mm. The cells of the Epidermis are keratinocytes, melanocytes and Langerhans cells. The keratinocytes are the predominant cells in the epidermis and make up the protein Keratin. At the lowest layer of the epidermis are immature keratinocytes that keep dividing. As the cells divide they lose moisture and flatten out; all the while moving upward towards the outer most layer of the Epidermis . The outer most upper layer of the Epidermis is called the Stratum Corneum. At the end of their life span the cells reach the outer most layer of the epidermis where they die. This layer is made up of primarily dead keratinocytes, keratin (which is hardened protein) and lipids which together form a protective crust. The dead cells from this outer most layer constantly slough off only to be replaced with the ones that come to the surface. Skin completely renews its self every 3 to 5 weeks.

Melanocytes are the cells responsible for producing melanin which is the pigment responsible for our skin tones and color. The more melanin in our skin the darker we are. Genetics also play a part in our skin tones.

The Langerhans are responsible for our immunity through the skin. They are the ones that prevent unwanted substances from penetrating our skins and entering our bodies.

How we treat our Epidermis shows to the world how young we look as a result. Although wrinkles develop on the lower skin levels, how fresh we look is based on the epidermis. The epidermis is the layer that helps hold and absorb moisture to keep us looking young.

The Layers of the Epidermis

As I mentioned previously the Epidermis is made up of sub layers. We already looked at the stratum corneum or outer most layer. That layer is made up of dead cells and protein. The stratum corneum layer has a buildup of the protein Keratin. Keratin is the protein that is important to skin, nails and hair.

Translucent or transitional layer- This is a translucent thin layer of cells. Sometimes this layer is seen in thick skinned people.

Suprabasal layers- 3 to 5 layers of flattened cells. Below them are cubed shaped cells containing little pieces of keratin traces.

Basal or cell division layer- this is the layer where the cells undergo division to travel to renew and replenish the upper layers. This is the bottom most layer of the Epidermis.

Next we have the Dermis Level. This is the middle layer located between the Epidermis and Subcutaneous tissue. This is the thickest of the skin layers. It is made of tight meshed collagen and elastin fibers. These two elements are crucial skin proteins. Collagen is a protein that is responsible for structural support and elastin for skin resilience.

The primary cells in the dermis are fibroblasts. Fibroblasts are very important in overall skin health. The dermis contains capillaries which supply oxygen and nourishment to the skin and lymph nodes which are depots for immune system cells which help fight infections from

entering the body.

The dermis houses sebaceous and sweat glands, hair follicles, a small number of nerve and muscle cells. The sebaceous glands located around the hair follicles lubricate the skin with an oil substance called sebum. Sebum lubricates and water proofs the skin and hair. As we age we produce less sebum making the skin prone to drying and wrinkling. On the other hand over production of Sebum as with adolescents contributes to acne.

The dermis is responsible for the structural integrity, the elasticity and resilience of the skin. This layer is where we get our wrinkles from. The only way wrinkle creams will work is if they reach this layer of the skin.

Lastly we have the Subcutaneous layer of the skin. This is the innermost layer of skin and is made up mostly of fatty tissue. The subcutaneous layer is made up of mostly fat cells. This layer serves as a shock absorber and heat insulator due to the fat cells and tissue. It protects the underlying tissue from cold and trauma. Sweat glands and miniscule muscles that attach to hair follicles originate here in this layer. When we age we tend to lose subcutaneous tissue resulting in facial sagging and accentuated wrinkles. Many people go to cosmetic doctors to have fat injected back into their skin to try and maintain a youthful appearance because of the loss of subcutaneous tissue.

Chapter 2: Skin Types - What Type Are You

There are many factors to take into consideration when we look at what type of skin a person may have. Aside from genetics things like what's going on internally in our bodies and environmental factors are also part of the equation. Internally factors such as our state of health, hormones, and what we put in our bodies affect how we look. This of course includes the health of our skin. Environmentally, we face things like pollution, second hand smoke and the sun which also affects our skin both health wise and visually.

There are 5 general categories that are used when we speak of skin types. Normal skin is considered skin which looks for the most part healthy or "normal" with no abnormal or sickly indicators. It also has good circulation which gives it a good healthy color with vibrancy to it. The oil glands which produce sebum in the skin produce it in a moderate rate thus the skin has a balance to it. When a skin is balanced it is neither too oily or too dry. This is why normal skin looks plump, moist and radiant. It's the type of skin we refer to as having a healthy glow. Normal skin also has a supple and elastic feel to it. It doesn't feel saggy or loose. Out of all the skin types; normal skin is the least problematic.

Dry Skin is a result of an under active or non productive sebaceous glands. With dry skin the oil glands either barely produce or do not produce at all enough oil to keep the skin naturally lubricated. Dry skin looks dull in appearance. In addition it may have a flaky look to it with dry patches at times. It tends to be itchy and sensitive. People with chronic dry skin have to hydrate their bodies by drinking a lot of water. And, it is suggested besides using moisturizing skin products people with this skin type should mist their faces with water to maintain its lubrication. Dry skin may be tight and lack elasticity. People with dry skin tend to have a sallow skin tone. They tend to wrinkle prematurely and their skin irritates at the drop of a hat. Dry skin is fragile and vulnerable to changes in temperature and humidity.

Oily Skin is due to active sebaceous glands. It produces too much oil and the skin is over lubricated. Because too much sebum is produced the skin is greasy, looks very shiny and the pores are large and clogged. The texture is slippery but coarse due to the enlarged pores. It is acne, blackhead and other pimple problem prone. It does have acne eruptions frequently. This is due to the sebum trapped under the skin causing pus filled lesions called comedones. There can also be flaky patches on oily skin where the oil dries. Ironically though, this skin type retains a youthful appearance because oily skin is not prone to aging and wrinkles.

Sensitive Skin can be oily, dry or normal. Sensitive skin is more of a condition than a skin type per say. It is any skin type that is easily irritated. The typical reactions of sensitive skin are itching, burning, chaffing and stinging. It can be blotchy and irritated frequently and is prone to rashes and redness. There are also visible broken capillaries if the skin is light enough. A sensitive skinned person may wash their face and feel dry itchy and irritated after they do so. Sensitive Skin can also react because of sensitivity to environmental conditions. Because of this, sensitive skin may require different special treatments and special products to remain in good condition through various affecting factors. This type of skin may also have allergic or adverse reactions to certain types of cosmetics with ingredients containing alcohol bases, synthetic ingredients, oil bases, fragrances and artificial colorants. Many sensitive skinned people have to use hypoallergenic products or those containing all natural ingredients to prevent skin reactions.

Combination skin is dry in some spots, oily in others and even normal or sensitive in other spots. People with combination skin are frequently referred to as people with T- Zone faces. The T- Zone covers the forehead, nose and chin making the shape of a T on a combination skinned face. With combination skin the oil parts of the face are the forehead, nose and chin while the skin around the eyes and mouth are dry. In some cases the cheeks could be either oily or dry. As a result T-Zone would be treated with products to help with oil reduction the oily parts of the face while the other dry parts would be

treated with moisturizing products. Most people are combination skin types. This is a very common type of skin.

Here is a little quick test you can take to determine the skin type you have if you are not too sure. Most people have combination skin like was stated earlier.

1. After cleansing, how does your skin feel?

- (a) Tight and rough**
- (b) Smooth and supple**
- (c) Slightly oily**
- (d) Oily in some areas, tight in others.**

2. How often does your skin break out in spots?

- (a) Almost never**
- (b) Rarely**
- (c) Often**
- (d) Only in the T -Zone (across the forehead and down the nose and chin).**

3. Which of the following best describes your skin texture?

- (a) Smooth and transparent**
- (b) Firm and even**
- (c) Slightly rough and uneven**
- (d) A mixture of the above.**

4. How does your skin look during the day?

(a) flaky and chapped

(b) Clean and fresh-looking

(c) Shiny

d) Shiny in the T-Zone by the Afternoon

When you finish this little quiz add up how many a's, b's, c's or d's you have. If you have mostly a's then you have dry skin. Mostly b's then it is normal. If the majority is c's then it is oily and d is combination skin.

Chapter 3: Daily Skin Care For Your Type of Skin

There are general things everyone needs to do to maintain healthy skin. Eating right, keeping your body healthy and rested, exercise and how you care for your skin helps keep it in optimum condition. As one ages more care is needed to be paid to one's skin if one wants to keep it looking young and vibrant. As we saw in the previous chapter there are different skin types. With different types of skin come different skin regimens.

Everyone has different skin and things that work for them personally. There is no one shoe fits all type of regimen for skin care. Because there are different skin types there are different products available for the different types. Depending on one's type of skin will determine the product or products they can use for their skin care. What works for

one skin type may have an adverse reaction on another. The general rule of thumb is the skin type you have on your face may extend to your body so you want to use the same type of body products for your skin type on your body as you do your face. For example if you use products for dry skin on your face you want to use the same type of body products for dry skin.

The skin has a pH factor that goes into consideration with your skin type. When we are born our skin has a neutral pH which is 7 but it quickly turns acidic. The skin has a fine acidic film that serves as a protectant. Ideally one's skin pH should range from 4 to 6.5. It varies based on the location of the body but this is a normal acidic range for humans and their skin.

Children have higher acidic content in their skin probably as a defense mechanism that mother nature gave us to protect us from bacteria and infections. As we age our skin becomes less and less acidic. As skin becomes more neutral it cannot fight the bacteria the same way it did as when we were younger. This is when skin weakens and starts having problems. Most people actually start showing signs of problems or skin diseases when their pH reaches 6. If the pH balance is disrupted the acid becomes destructive to the skin causing various problems. If your skin loses its acidity then it becomes prone to disease and infection. It is very important to use products that coincide with your skin's pH to make sure it maintains its balance. It is also a point in fact that there are times when things like our hormone levels disrupt the pH balance of our skin as well. That's when hormones contribute to things like acne eruptions.

Skin pH and its imbalance is one of the main culprits in acne and other skin problems. *P.acnes* is a bacteria that is found normally in people's skin whether they have acne or not. When a person is prone to acne and breakouts this bacteria is found in larger amounts than people that don't have acne or breakout. It has been found that the growth of the bacteria *P.acnes* is dependent on one's skin's pH levels. Its growth level is at normal range when one has a pH skin level of

5.5. A slight shift towards a more alkaline skin surface creates a breeding ground for P.acnes to grow and thrive.

Regardless of skin type ordinary soap generally has a pH of 9-11 and is very alkaline. This is why ordinary soap is not the best thing to use for the skin especially on the face. If a person uses a soap which is very alkaline they have to offset it with a toner after washing or with a more neutralizing product to balance the skins acidity. Failure to do so creates the conditions for the skin to become more alkaline and thus prone to problems. Like wise repetitive washings of the skin can also create a pH imbalance. Every time we bathe the skin goes into a sort of pH coma and it takes approximately 14 hours for it to return to its normal pH level. When ever our skin levels are alkaline there is more of a chance for bacteria to grow.

It is recommended that you cleanse you skin with a good pH balanced cleanser that fits the type of skin you have. You apply it with your fingertips not your nails and you use small circular motions to spread it over your skin. If its your face you are washing then a toner afterwards appropriate for your skin type is suggested. Toners prepare the skin for a moisturizer. It is also recommended that regardless of skin type to avoid toners with alcohol because they can dry and irritate even normal skin.

If your skin is dry you want to wash your face once or twice daily with a mild cleanser that does not have too much detergent in it. Regular soap is too drying so you want to use either a moisturizing soap or a gentle or sensitive skin cleansing bar or wash. You can also wash with a mild soap and then follow with alcohol free cleanser and toner. You can use a non oil based moisturizer. You should also drink a lot of water during the day to stay hydrated.

Oily skin should be washed twice a day with a good medicated cleanser. You should follow with an astringent type toner. In this case it can contain alcohol or witch hazel but you must be careful because

these two ingredients tends to dry your skin out too much with daily use. For oily skin with acne, you can use benzoyl peroxide products for oily skin. They range from 2.5 to 5.0 to 10 percent benzoyl peroxide. The more severe the acne the stronger the benzoyl product you should use. Dermatologists also give prescription strength of benzoyl peroxide for persistent moderate to severe acne cases.

If you have combination skin its a little tricky. You can use a milky gentle exfoliating cleaner to wash your face once to twice daily with. You can use an oil and alcohol free toner to work with both of your combination skin types. If you get breakouts you can put benzoyl peroxide on the afflicted areas at night. Use oil free moisturizers on your dry areas. Most people have combination skin as I stated before.

Normal skin can use mild exfoliating cleansers followed by a good toner and then a moisturizer. You can use the products that works best for you in the case of normal skin.

For any of the skin types you want to use products with as many natural ingredients as possible. You want to use a toner and then moisturizer that suits your skin type Applying a light moisturizer and or a sunscreen moisturizer in the day and at night a repairing type moisturizer before bed works well for all. Its important not to saturate the skin at night because skin has to breathe while you sleep.

If you have oily or normal skin its okay to exfoliate. Oily skin can exfoliate more than once a week to unclog pores and remove dead skin. Regardless of skin type you have to remove the dead skin and keep your pores unclogged to have beautiful healthy skin. There are very mild exfoliators for dry skin types also but you need to use them sparingly with dry skin. Exfoliating strips the skin and can be very drying.

For around the eyes there are many moisturizers and anti aging

products available. Use one that is skin appropriate for you. Since under the eye area is delicate you don't want to pull or drag the product on. You want to apply the product by using a smooth stroke from the from under the eye to the outside corner of the bridge of the nose. Its very important to keep this part moisturized because it ages faster than other parts of the face.

Chapter 4: Acne 411

Acne is quite a common skin disease that affects young and old alike. There are different types of acne and degrees of severity. Acne is however controllable as well as treatable.

Contrary to the many reasons people believe acne occurs, no one knows actually why it happens. But, what is known is what happens physically to make an acne breakout occur. What happens is the oil called sebum that is produced by the sebaceous glands in our skin doesn't drain properly and clogs the pores. It blocks the pores in the skin and prevents sebum as well as dead cells that accumulate from leaving the pore. To compound the situation the bacteria on the skin P.acnes aggravates the sebum build up in the clogged pore. As a result the pore begins to swell and an acne bump pops up. The inflammation which we see as a bump produces a papule. This is the beginning of a breakout. When it comes into full bloom we call it a pimple. The technical word for pimples are lesions. There are different kind of lesions and different degrees severity of the lesions.

When and if the oil breaks to the skin surface the result is whiteheads. With whiteheads the whole pore is closed and has a white top. If the papule goes a little deeper into the skin and fills with pus it becomes

a pustule. There are also what we call blackheads. Blackheads occur when the oil starts to collect melanin pigment or oxidation occurs. In this case then the oil turns from the white color to black. The results are blackheads. In a blackhead the pore is partially blocked with the oil, dead cells and bacteria hardened together. Blackheads are not dirt as is believed. It is colored or oxidized oil that collects and solidifies in the pore.

If the inflammation still goes even deeper into the skin and is larger then we call it a nodule. When a nodule fills with sterile pus then it is called a cyst. Acne doesn't pop up over night. An acne pimple emerges from a blemish first. It takes blemishes two to three weeks to come into full acne bloom.

Medical science does not really have a handle on why we have acne and outbreaks. They do know how an acne lesion grows and what happens to our skins that result in acne. There seems to multiple reasons why acne can occur. Unless the acne is severe heredity plays a very small part in the outbreaks.

Many times acnes starts to show in teenagers while their hormones are raging. Hormones are definitely a contributing factor. Increase of male hormones in young men at puberty and female hormonal imbalances definitely affect the oil producing glands in our bodies. Although in the past food was considered a main culprit in development of acne; we do know diet and eating healthy does promote healthy skin overall. However unless a person has food allergies the affect of eating junk food does not necessarily promote acne in and of it self. What happens is that when we eat food that isn't good for us it effects us with toxins called free radicals which create toxicity to cells. Its the toxins that may effect certain things in the skin that promote acne breakouts.

Keeping the face clean keeps the pores opened but does not prevent acne necessarily. Certain medications may cause acne flair ups just as certain cosmetic ingredients. This is especially true of cosmetics

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