

This Report is Brought To You By Vitalie Lisnic

## **The Best Answer For All Acne Problems**

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## 1. Introduction

Acne is an inflammatory disease of the skin, caused by changes in the pilosebaceous units (skin structures consisting of a hair follicle and its associated sebaceous gland). Acne usually appears during adolescence in its most common form known as "acne vulgaris", which means common acne. The revolutionary Acnezine, the natural acne treatment product is out in the market to help you solve the never-ending problem of acne.

Excessive secretion of oils from the glands combine with naturally occurring dead skin cells to block the hair follicles. Acne is caused due to excessive of oil in human body. Generally people those who eat a lot of oil foodstuff suffer from this problem. Due to Acne some parts of human body are affected. Some of them are face, arms etc. Oil secretions build up beneath the blocked pore, providing a perfect environment for the skin bacteria to multiply uncontrolled. In response, the skin inflames, producing the visible lesion (acne). Rashes are occurred on the body, face, chest, back and upper arms are especially affected by acne. The antioxidant element in Acnezine regulates the oil secretion putting an end to acne slowly and steadily.

The typical lesions of acne are: small whitish or skin-colored bumps (whiteheads) or blackish elevations (blackheads). More inflamed rashes take the form of pus-filled or reddish bumps, even boil-like tender swellings. After resolution of the lesions, prominent unsightly acne scars may remain. Acnezine lightens up these scar marks and makes you feel fresh and comfortable.

The acne condition is common in puberty as a result of an abnormal response to normal levels of the male hormone testosterone. Acne is occurred when the hormones are increased due to excess of oil in the body. There is however no way to predict how long acne will take to disappear completely or that it will ever recur again. But you can of course regulate the acne growth with Acnezine, the natural scientific treatment product for acne treatment.

Acne affects a large percentage of humans at some stage in life. Aside from scarring its main effects are psychological, such as reduced self-esteem and depression. Continuous yoga exercises along with Acnezine

treatment helps in a faster remedy. A series of five yoga poses can help increase blood flow to your face, flushing away toxins and providing nutrients to your skin. A daily routine of the following yoga poses are recommended: standing sun, knee squeeze, seated sun, baby and cobra.

Acne should not be neglected and should be treated with great care and responsibility to ensure a healthy life.

## 2. Acne Hygiene

One of the most common misconceptions about acne is that it's caused by dirt. It's not! Acne is caused by a combination of factors you can't control, like your hormone balance and the natural pace of your skin's renewal system. Fortunately, there are a number of things you can control that may help you keep your acne in check. Begin by following these simple suggestions for healthy-skin hygiene.

**Acne Prevention - Tip #1:** Don't over-wash. Since dirt is not causing your acne, excessive scrubbing and washing won't make it go away. Try to limit yourself to two washings per day — anything more than that can leave your healthy skin dry, and your acne-prone areas irritated. Habitual over-washing may also stimulate extra oil production, which could result in more breakouts.

**Acne Prevention - Tip #2:** Skip harsh scrubs. It's okay to exfoliate, but be sure to use a gentle formula with small, smooth grains. Avoid products with almond or apricot shell fragments; they can irritate or even tear your skin and further aggravate your acne.

**Acne Prevention - Tip #3:** Say no to alcohol. If you use a toner, avoid products with high concentrations of isopropyl alcohol, or common rubbing alcohol. A strong astringent, alcohol strips the top layer of your skin, causing your sebaceous glands to produce more oil. The result? Dry, red skin — and possibly more blemishes.

**Acne Prevention - Tip #4:** Don't squeeze or pick. Squeezing or picking your blemishes — with fingernails, pins or anything else — can force bacteria deeper into the skin, causing greater inflammation and infection. You'll also increase the damage to the surrounding skin, so the blemish is more likely to leave a permanent acne scar.

**Acne Prevention - Tip #5:** Hands off! Propionibacterium acnes (the bacteria that causes breakouts) is a normal resident of your skin; it doesn't lead to acne until it gets trapped inside the hair follicle. Excessive

touching of your face, including rubbing or even resting your chin in your hands, can drive bacteria into your pores — where it can begin its dirtywork.

**Acne Prevention - Tip #6:** Work out, wash off. When you exercise, your movement generates heat; clothing and equipment cause friction. Until you shower off, heat and moisture are trapped against your skin, creating an ideal breeding ground for the spread of bacteria. So whenever you can, shower off immediately after exercising.

**Acne Prevention Treatment** - Find a regimen and stick with it. Most cases of mild acne can be improved with "over-the-counter" products, or products that don't require a prescription from your doctor. There is a wide range of treatments available, and there's a good chance one of them will work for you. If you start treatment before your acne gets severe, you'll have a better chance of avoiding physical and emotional problems down the road. But if your acne gets worse or lasts more than a couple of weeks, see a dermatologist. Here's a quick listing of the most common products used to treat acne — click on the links that interest you for more information on that course of acne treatment.

For more information [click here](#).

### 3. Acne and Exercise

Moderate exercise is actually good for your skin. It helps you maintain a healthy body and manage your stress levels, too. If you find your acne is aggravated by regular exercise, then you may want to examine your routine. What do you wear? Where do you go? How hard do you work? Exercise-related acne is usually caused by something you put on your body rather something you do with it. Remove these outside factors, and you may put an end to your workout breakouts. Here are just a few things to watch for.

**Acne & Exercise - Make-up.** When exercising, wear as little make-up as possible. Even oil-free and non-comedogenic (non-pore-clogging) cosmetics can clog pores if worn during heavy exercise. When you're done working out, wash as soon as possible.

**Acne & Exercise - Sunscreen.** If your regimen takes you outdoors, always wear sunscreen. While acne may improve slightly after brief periods in the sun, studies show that prolonged exposure actually promotes comedones (clogged pores) and, of course, sun damage. Some kinds of acne medication make skin more sensitive to the sun, so sunscreen is even more important. When choosing a sunscreen, look for products that are oil-free and have a protection factor of at least SPF 15

for both UVA and UVB rays. Like make-up, sunscreen can travel across the skin's surface and lodge in the pores — so wash immediately after working out.

**Acne & Exercise - Clothing.** If you're prone to body acne, avoid garments made exclusively with lycra or nylon. Why? Some synthetic fabrics can trap the heat and moisture against your skin, creating a fertile breeding ground for the bacteria that contribute to acne. For moderate exercise, your best bet is lightweight, loose-fitting cotton, or a lycra-cotton blend. Natural fabrics allow the skin to breathe, and loose garments are less likely to cause friction. If you're exercising vigorously and working up a good sweat, however, you may want to try some of the new fabrics designed to wick moisture away from your skin.

**Acne & Exercise - Equipment.** Some people are more likely to get acne or have their lesions aggravated in the areas affected by sports equipment. The best defense against friction-related breakouts is a good fit — make sure your helmet doesn't slide around on your forehead, or your wetsuit isn't too tight under the arms. You can also curb equipment-triggered breakouts by lining your helmet with a layer of soft, washable cotton fabric; it's a great use for those old t-shirts, too. And no matter what the sport, it's always a good idea to keep your equipment clean and dry when not in use.

**Acne & Exercise - Moisture.** Mom was right: You should get out of those wet clothes! No matter how you get your exercise — treadmill, trail, tennis court, or whatever — don't sit around in your sweaty clothes or wet bathing suit when you're done. If you can, shower off immediately and change into dry clothes before driving home. If this isn't possible, change into dry clothes and wipe down as well as you can. When towel drying sweat off your face, always use a clean towel, and blot gently rather than wipe. Vigorous wiping can irritate your skin, driving make-up and sunscreen deeper into the pores.

**Acne & Exercise - Showering.** Again, it's best to shower immediately after working out. You may want to use a medicated exfoliant cleanser, but always be gentle with your skin. Scrubbing harder isn't going to make you any cleaner, or make your acne go away — and it may actually irritate existing lesions or promote the development of new ones. If you can't shower right away, you can still curb breakouts by wiping down with medicated pads; keep a few in your gym bag just in case.

So keep up the good work! A healthy exercise program is an integral part of your overall health; and a healthy body is more likely to have healthy skin. Just keep an eye on the various factors that accompany your regimen, and try to remove the acne triggers — you'll be on your way to breakout-free workouts.

For more information [click here](#).

## 4. Healthy Diet for Acne Prone Skin

Don't eat that — you'll get zits! We've all heard it; from parents, friends or even the family doctor. But the fact is, even after extensive study, scientists have not found a connection between diet and acne. Not chocolate. Not french fries. Not pizza. According to the American Academy of Dermatology, "A healthy diet is important for improving raw materials for healthy skin," but they also note that greasy or sugary foods do not cause acne. Likewise, a study published in the Journal of the American Medical Association concurred, "Diet plays no role in acne treatment in most patients...even large amounts of certain foods have not clinically exacerbated acne." Of course, that doesn't mean you should make a habit of eating foods high in sugar or fat. The skin is the body's largest organ, so what's good for the rest of you will be good for your skin, too.

**Acne Prevention & Diet - Nutrients for healthy skin.** There are a number of nutrients found in everyday foods that are known to promote a healthy body — and therefore healthy skin. Get wise to these substances, and you'll increase your chances of conquering your acne.

**Acne Prevention & Diet - Vitamin A.** Naturally occurring Vitamin A, or retinol, is found in fish oils, liver and dairy products. The Vitamin A produced by plants is known as Beta-carotene, and is found in yellow/orange fruits and vegetable such as carrots, yams, apricots and cantaloupe, as well as green vegetables like parsley, kale and spinach. Extremely high doses of Vitamin A are toxic, so don't overdo it.

**Acne Prevention & Diet - Vitamin B-2.** Stress has been known to aggravate existing cases of acne, and Vitamin B-2 is often helpful alleviating stress. Foods with a high concentration of B-2 include whole grains, fish, milk, eggs, meat and leafy green vegetables.

**Acne Prevention & Diet - Vitamin B-3.** Found in peanuts, eggs, avocados, liver and lean meats, Vitamin B-3 improves circulation, promoting healthy skin. It also reduces the cholesterol level in the blood and helps you metabolize protein, sugar & fat — increasing your energy through proper utilization of food.

**Acne Prevention & Diet - Vitamin E.** Vitamin E is found in almonds, peanuts, sunflower seeds, broccoli, wheat germ and vegetable oils. A powerful antioxidant, it protects your cells against the effects of free radicals, which are potentially damaging by-products of the body's metabolism.

**Acne Prevention & Diet - Zinc.** Even in trace amounts, the antioxidant zinc is known to boost the immune system, improving overall health — which of course is reflected in the skin. Zinc can be found in eggs, whole grains, nuts and mushrooms.

**Acne Prevention & Diet - Know your own**

triggers. Since acne is different for everyone, there may be certain foods that cause flare-ups in your skin. Clearly, these foods should be avoided. You may also want to check your vitamin supplements for their iodine content; while normal amounts of iodine have not been shown to affect skin, amounts greater than the RDA of 150 mcg may aggravate your acne. Overall, use your common sense. Drink lots of water and eat a healthy, balanced diet — but don't be afraid to indulge your cravings every now and then.

For more information [click here](#).

## 5. Make Up Cosmetics and Acne

Is your temporary solution part of the problem? For decades, dermatologists and cosmetologists alike have debated the effects of cosmetics on the skin, particularly in acne sufferers. Make-up has often been branded an “acne Catch-22” — you want something to cover the redness, but you're told it may actually be causing your acne. Fortunately, this is only partly true. To understand how to approach the make-up issue, we should start with a discussion of “cosmetic acne.”

Cosmetic Acne & Skin Care - A mild-mannered cousin. Acne cosmetica, or acne that is caused by cosmetics, is a mild and fairly common form of acne. Because it is triggered by topical products rather than the complex process that creates true acne, it can strike anyone — even people who are not physiologically prone to the condition. Characterized by small, rashy pink bumps on the cheeks, chin and forehead, it typically develops over the course of a few weeks or months and may persist indefinitely. If you've recently started using a new skincare product and you're experiencing any of the symptoms listed above, discontinue use of the new product for a few days and see if your breakout subsides.

NOTE: While studies have shown that make-up does not cause true acne, it can exacerbate the condition. So it's helpful to be aware of common topical triggers, no matter what kind of acne you have.

Cosmetic Acne & Skin Care - The culprit: Comedogenics. Ever wonder where your make-up goes over the course of the day? Some of it is rubbed off by contact with your hands and your clothing, and some of it migrates across your skin, settling into your pores — much like rainwater collects wherever there are small holes in the ground. Some make-ups include ingredients that are considered comedogenic, or substances that are known to clog pores. Although these cosmetics may not cause true plugging of the follicle, certain ingredients may induce follicular

irritation. The result? The small, persistent bumps known as “cosmetic acne.”

For more information [click here](#).

## 6. Stress Related Acne

Is your lifestyle causing your acne? Certainly not. But the way you live affects your whole body, including its largest organ: the skin. The place you work, the hours you keep, the ways you play — all of these can take a toll on the epidermis, especially in those who are prone to acne.

Following are a few everyday acne triggers you might not be aware of, and a few things you can do to avoid them.

**Comedones on the job.** Since some part of your skin is always in contact with your environment, it’s important to pay attention to the substances with which you come into contact on a regular basis. You may be exposing yourself to comedogenic (pore-clogging) substances on the job without even knowing it; while these substances are not the cause of your acne, they can aggravate it. For example: the airborne grease in a fast-food restaurant can create an invisible film on your skin, clogging your pores. Most industrial oils — the kinds used in cars, in factories, on bicycles — are comedogenic as well.

**Acne & Sleep - Sleep and your skin.** The simplest good deed you can do for your skin may surprise you: sleep! Scientists and mothers around the world agree that a good night’s sleep — at least eight hours — can do wonders for your complexion. How? A healthy, well-rested body has the resources to build a strong immune system. While a robust immune system won’t prevent acne altogether, it can help fight infection so your lesions clear up more quickly. Luckily, your body isn’t picky; uninterrupted sleep in the daytime is just as beneficial. So if you work late, sleep late — and try to maintain a regular schedule.

**Acne & Sun - Savvy sun worshipping.** While it’s true that small amounts of sun exposure may initially improve acne, don’t be fooled; the benefit is temporary. Consistent sun bathing will dry your skin, causing your sebaceous glands to produce more oil. Also, skin that has been exposed to the sun has to slough old cells more frequently; when you combine the extra oil and extra dead cells, you create the ideal environment for comedones, or blocked pores. So if you work (or play) in the sun, it’s important to protect your skin with sunscreen. Look for oil-

free products that provide at least an SPF 15 protection level from UVA and UVB rays.

**Acne & Stress - The stress connection.** Not surprisingly, stress often has a starring role in the ongoing acne drama. “Ninety percent of my patients complain about what stress does to their skin. It has a huge impact, and it’s becoming a bigger problem every day,” says Katie Rodan, MD, a clinical professor of dermatology at Stanford University.

How can stress — emotional anxiety caused by any number of factors in your life — show up on your face? The connection is purely chemical. When you become tense, your adrenal glands go work, flooding your bloodstream with the hormone cortisol. This triggers the sweat glands in your face to produce more oil. When your sebaceous glands go into high gear, there’s a higher probability that this excess oil will mix with dead skin cells and clog your pores, trapping bacteria inside. The result? More acne, primarily inflamed papules rather than blackheads or whiteheads.

What can you do? Of course, you can't eliminate stress from your life — it's part of being human. But you can minimize its damage by leading a healthy lifestyle. A balanced diet and at least seven hours of sleep every night will help you build a stronger physical foundation; if you're well fed and well rested, you're less likely to feel irritated by the events of your day. Try to get some exercise every day, even if it's just a walk around the block at lunchtime. It's also important to take time out of every day to relax — read a book, take a bath, practice yoga, or do whatever makes you feel happy and calm. It's an important step towards overall good health, and therefore the health of your skin.

For more information [click here](#).

## 7. Hormonal Acne in Woman

For millions of women, it happens like clockwork every month: cramping, bloating, mood swings, and acne. Experts know that acne is influenced by hormones, but research on the subject has been relatively limited — until now. A recent study conducted by dermatologist Alan Shalita, MD, confirmed that nearly half of all women experience acne flare-ups during the week preceding their period.

This particular kind of acne — hormonal acne — may fail to respond to traditional therapies, such as topical retinoids and systemic or topical antibiotics. Several clues can help your doctor identify hormonally-influenced acne:

- Adult-onset acne, or breakouts that appear for the first time in adults
- Acne flare-ups preceding the menstrual cycle
- A history of irregular menstrual cycles
- Increased facial oiliness
- Hirsutism (excessive growth of hair, or hair in unusual places)
- Elevated levels of certain androgens in the blood stream

While hormonally influenced acne typically begins around age 20–25, it can strike teens and mature women as well, and is most persistent in women over the age of 30. These patients usually experience lesions on the lower face, especially the chin and the jaw line. While some may have breakouts on the chest and back, most have blemishes exclusively on the face. Hormonally-influenced acne is usually moderate and limited to inflammatory papules and small inflammatory nodules and occasional comedones. But how does it start?

**Adult Hormonal Acne - Puberty:** Where it all begins. Starting sometime before adolescence (around the age of nine or ten) the adrenal glands begin to produce dihydroepiandrosterone sulfate (DHEAS), an androgen. Other androgens — the "male" hormones at work in a woman's body — such as testosterone and dehydrotestosterone (DHT), join in at the onset of puberty. All of these hormones stimulate the sebaceous glands to secrete more of the skin's natural oil, or sebum. This is why oily skin and acne are so prevalent among teenagers. Naturally, since boys have more "male" hormones, teen acne tends to be more severe in males.

The treatment of acne in teenagers can be challenging, because their hormones are in a constant state of flux. They may initially respond very well to first-line treatments, such as topical retinoids and benzoyl peroxide, perhaps accompanied by an oral antibiotic. As their bodies develop, however, they may undergo severe hormonal shifts — and stop responding to the current medications. Courses of acne treatment may need to be adjusted more often with teenagers to accommodate these hormonal changes. More about teen acne.

**Adult Hormonal Acne - A vicious cycle.** Many women pass into adulthood without "outgrowing" their acne. Others may not develop it until their 20s or 30s, experiencing persistent breakouts the week before their period. Why? During the course of a normal menstrual cycle (if a woman is not taking any kind of hormonal birth control pill), estrogen levels peak at mid-cycle, then decline as she nears her period. After ovulation, the ovaries begin to produce progesterone, another hormone which stimulates the sebaceous glands. And with the extra oil comes acne. Hormones are also responsible for acne in a percentage of pregnant women, as well; the sebaceous glands go into high gear during the third

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