

Acne Secrets

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Acne Secrets

What Is Acne?

Acne is commonly known as pimples, it is a skin condition that commonly afflicts people during their teenage years. Acne mainly will affect the face but can also be on the back, neck, shoulders and chest. It is most common in teenagers but can appear on adults as well.

The medical term for acne is Acne Vulgaris. It can be diagnosed by the lesions that form on the skin. These lesions can take several different forms: blackheads, whiteheads and cysts. Cysts are formed when the pore becomes completely blocked. Acne is most common during puberty because at this time your body is creating an excess of sebum. Sebum is an oily substance designed to keep the hair and skin soft and lubricated. During puberty the production of sebum is greatly increased which can cause the skin to feel oily and clog pores.

During puberty there is also an increase in the production of follicle cells. Dead follicle cells mixed with sebum can build up and cause white heads. This mix of oil and dead cells is a perfect breeding ground for bacterial which will cause the swelling and redness associated with pimples.



Acne affects about 85% of all people sometime from the age of 12-24. Around 25% of these people will have acne on their back and/or neck as well as the face. The acne will be severe enough to cause about 40% of these people to seek medical treatment.

Acne is most common on the face, especially on the forehead, nose and chin. The back is the next most common area of acne followed by the neck, chest and shoulders.

Most people will have stopped having acne problems by the time they reach their twenty's, but some people will continue to suffer from acne even as adults. In some cases people will not have any acne issues until they are adults; this happens more frequently in men than women.

Acne can have severe emotional and psychological effects. Since acne affects the person's appearance it also affects their self image and self esteem. Teenagers are especially vulnerable to this attack on their

self-confidence and can even trigger withdraw and depression, as well as feelings of anger and frustration.



Fortunately today there are many treatments that can help with acne. The foremost thing that can be done to help avoid or alleviate acne is to keep the skin as clean and oil free as possible. Washing the most common problem areas several times a day with soap and water, especially after any activity that triggers perspiration, is usually adequate. There are also many medications available by prescription and over the counter to help with acne control.

If the acne is severe enough you can consult a dermatologist, they can prescribe medications for the skin as well as antibiotics to help fight the bacteria. They can also offer advice on life style and diet changes that might help with the condition.

5 Natural and Non-Natural Acne Treatments

Witch Hazel Astringent

This astringent comes from the plant with the same name. Simply steam the twigs of this plant and voila! The extract you get from it serves as your astringent. Remember to cool it though. What's good about this is that it occurs naturally and even the process it has undergone is all natural. You can be assured it is less harsh compared with commercially-produced astringents.

Commercially Produced Astringents

There is no doubt that astringents we can buy over-the-counter are also effective. There are lots of variants to choose from with additional ingredients that promote better skin. The only downside is it can be a little harsh because of the chemicals added to produce this formula. Use them with extra care as they can dry the skin.

All-Natural Treatments

1. Oranges and lemons just need to be squeezed on cotton balls. Apply on affected areas and wash it after about 20 minutes.



2. Fresh garlic is much easier. Just remove its peeling and rub it on your face.



3. As for raw potatoes, peel them and rub its flat surface on your face.



The natural extracts from these fruits and vegetables can help minimize the redness at the same time can clean the skin.

Oral Antibiotics

For severe cases, antibiotics are prescribed. These medications are orally taken to reduce the amount of bacteria inside and around skin follicles. They also decrease the exasperating chemicals that the white

blood cells produce. Lastly, antibiotics diminish the concentration of the free fatty acids found in sebum, also creating an anti-inflammatory action. Consult your dermatologist for the right antibiotic and dosage.

Topical Treatments

Externally applied creams are also proven effective for acne treatment. However, it results to drying and flaking but it is said to be the most effective treatment for severe acne. Benzoyl peroxide is one very common and effective topical acne treatment.

Vitamins, Minerals, and other Supplements that Eliminate Acne

Many supplements exist that will help speed up the success of your acne treatment. It is well known that taking certain vitamins, minerals, or other types of supplements will help to eliminate skin disorders. We are listing some of the most effective ones to use when fighting acne.

- **Vitamins**

- 50,000 IU of water-soluble Vitamin A should be taken right before eating. Don't take more than this amount before first getting your physician's approval because too much Vitamin A can be toxic. If you start experiencing unwanted symptoms with this dosage, then decrease it to 25,000 IU.
- 500-1000 mg of Vitamin B5, or pantothenic acid, should be taken daily
- 25-150 mg of Vitamin B6 should be taken daily (Vitamin B6 should be one of the vitamins in a B complex vitamin).
- 1000 mg of buffered Vitamin C should be taken three times daily.
- 400 IU of Vitamin E should be taken twice daily and must be taken before eating.



- **Minerals**

- One tablet of Calcium Hydroxyapatite Complex should be taken 3 times daily after every meal.
- 200-500 micrograms of Chromium should be taken daily.
- 25-60 mg of Zinc Gluconate should be taken once daily. Never exceed 100 mg unless you get your physician's approval. Zinc is, by far, the most important mineral to take in your quest for freedom from acne because it reduces DHT, the male sex hormone that can cause acne if there is an excessive amount of it in the body.

- **Oxygen Elements Plus**

Oxygen Elements Plus is a nutrient that, with proper use, will add 10 to 20% more oxygen to your blood. Aside from the beneficial oxygen, this product also contains other useful minerals and nutrients.

Acid, waste products, and pathogens serve to use up much of the oxygen you receive. The amount left behind is what your body must use for the rest of its needs. Because you need more oxygen than is

readily available, Oxygen Elements Plus is a great product to help you get it. Your skin needs oxygen to stay clean and bacteria-free. More oxygen may result in you having clear, acne-free skin.

- **Other Special Supplements**

Six special supplements exist, in addition to Oxygen Elements Plus that might clear your acne, as well as improve your level of health and immunity to infections.

- Mineral Electrolytes
- Digestive Enzymes
- Lecithin
- Chlorophyll
- Systemic Enzymes
- Flax Seed Oil

These supplements should be used according to the directions on their individual labels.

It is important to discontinue using any of the supplements we have mentioned here (especially the ones with high dosages) once your acne is under control.

Once things get back to normal, you should continue whatever supplementation program you were originally using. Prolonged use of supplements in high dosages can sometimes cause a chemical imbalance in your body and can be harmful to your health.

The Causes and Best Treatments for Your Acne

No one in the world is immune to acne. It affects people from all walks of life and from any age category. Acne does not show preferential treatment to males, females, rich people, or poor ones. Because everyone's skin is different, they all have different contributing factors that cause their particular kind of acne.



The most important part of your acne treatment is understanding what skin type you are and the most effective acne treatment to use on it. If you have oily skin, you would not want to use cleansing products, moisturizing products, or cosmetics that contain oil.

You should buy products that are oil-free. On the other hand, if you have dry skin, you would not want to use the oil-free products because your skin could use a little extra oil.

Both oily and dry skin need to be moisturized daily. Just because skin has extra oil does not mean it doesn't need moisturizer. Plenty of good oil-free moisturizers are available to use on oily skin. Dry skin has its own specific problems and should be moisturized with a product made especially for dry skin.

Topical skin treatments are designed to keep pores from clogging while getting rid of excessive dirt and oil on the skin's surface, as well as acne-causing bacteria. Certain oral medications exist that will keep your body from producing so much oil. Prescription creams and ointments will help keep your breakouts dry and will even promote fast cell replacement in those areas of your acne-infected skin that needs it. Other medical and natural remedies exist that help in the treatment of acne.



Before you understand how to develop the proper acne care skin treatment for your skin, you should try to understand what is causing the acne in the first place.

Causes of Acne

Acne has many causes and all of them aren't fully understood or substantiated yet. Here are some of the most common causes:

- Hormones play a major role in acne development. The early teen years bring many hormonal changes to the body and those changes often cause constant breakouts of pimples, pustules, and even cysts. The adult years bring changes, too, especially for women. Premenstrual and pre-menopausal difficulties cause breakouts in alarming numbers of women. Because of the excess oil produced during hormone-caused acne, products that help to eliminate and reduce oil will be most helpful for this type of acne.
- Stress is certainly a common factor to the development of acne. When the body becomes tense, it releases chemicals and hormones that eventually turn into toxins and waste that the body must expel. Some of these waste products will be excreted through the skin and will contribute to acne.
- Some people still believe that chocolate, sugar, and other foods can cause acne to form. Most experts deny that food has anything to do with acne's development but the subject is still widely debated and researched so we can't be absolutely certain that particular foods don't contribute to acne.



- Cosmetics and skin-care products can also contribute to acne if the products being used are not for the correct skin type. Using oily products on oily skin can certainly contribute to outbreaks so it is important to choose your personal care products very carefully when deciding on the best acne treatment for your skin.

Other factors, such as lifestyle and environment, can also affect your skin. The best things you can do for your skin is learn how to properly care for it, keep it hydrated, keep it moisturized, and try to eliminate the factors that are causing your skin to have acne.

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