

Acne Is Destroying My Life - Help!
Alternative vs Treatments..



"how to Treat Your Skin, Advice & Tips Toward Gorgeous Looking Face"...

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Acne Resources and Treatments



#1. Acne

Many people feel sorry for those with acne problems. Social rejection by those who have a poor complexion is the worst. The fact that we can do nothing to prevent it is the worst part. Others suffer from indirect consequences of acne that can follow a person for the rest of their life.

This important problem receives a decent amount of time for learning and solving this problem. Various ways are proposed to clear acne, some more worthwhile than the others. These cures go anywhere from spreading mixtures of organic potions on your skin to zapping the skin with ultrasonic technology.

Acne is a form of inflammation that begins deep in the dermal layer that attracts various immune competent cells to make pain, redness, swelling, and pus to appear. Unfortunately, we don't know what causes this inflammation. Puberty, with the entire hormonal imbalance is a factor in why acne outbreaks occur. Dirt and oil that gets to your face and absorbs into your pillow is another factor. Foods high in oil are another thing to consider.

Sadly no matter how much you struggle to change these factors you will still have those painful pimples. You can wash until the first layer of skin is completely gone but they will still be there. Even if you avoided eating the foods your success would be minor.

Even though we have no answers to the problem the search for answers is still going strong. In my opinion you should find a doctor and figure out the methods that will be the most effective for your strain of acne. They are the best spot to start due to their training and information.

#2. Whiteheads

Whiteheads are defined as a clogged hair follicle with dead cells and excess oil in them. The appearance of a whitehead is a small pick or white bump that does not break the surface.

There are many varieties of acne that affect the skin in different ways. Each different type of acne has a different type of treatments. Having a good understanding of what condition you suffer from will help you and your doctor to

determine treatments. Many people do not know what causes whiteheads. Whiteheads are not exposed to oxygen however blackheads are exposed.

Dead cells and oils build up in a pore clogging the pore, which is called acne. Whiteheads are under the skin and appear as small bumps. This type of acne is referred to as closed comedones. A whitehead does not oxygenate because its contents are not on the surface nor exposed to air. The oil hardens under the skin clogging the follicle that caused the acne. Some doctors think the individuals that suffer from consistent outbreaks may produce oil that is dryer than normal. Avoid cosmetics that have oils in them. Another precaution to take is wash the sheets and pillowcases regularly as well as your hair. Try and keep your hair off the face if it becomes really oily. Old oils and dirt from the pillowcase and sheets will rub into the skin creating an irritation.

There are several different types of treatments for whiteheads. A good cleaning system will tone, detoxify and clean the skin in one cleaning session. A doctor can provide a prescription that stabilizes the hormones to level the creation of oil. A good deep cleaner will keep the whiteheads from developing. The cleaner will eventually cause the existing pimple to reduce and possibly remove them forever. Scarring is very unlikely with whiteheads. Do not remove them yourself. If you need to have any of the whiteheads removed seek medical attention. Your doctor should be the only one to remove them.

Some doctors will prescribe medication or cleanser/gels to remove whiteheads. Most medication will not have any oily or greasy in them to clog pores. There are prescription meds that are of any one with really sensitive skin. Most acne sufferers have more than just whiteheads as a symptom. Many of the medications for whiteheads can also be used for other

acne lesions. For females many doctors will try to control acne with birth control pills.

#3. Knowing the Types for Acne

Understanding what acne is, what it does, and the different kinds can help you prevent it.

All types of acne develop in the same way, however they can affect people differently and have different appearances. Follicles become clogged creating a comedo, which is called acne. When the hair follicles become blocked with dead cells and oil they form a comedo that becomes inflamed and discolored. The different kinds of acne have different types of treatment plans.

A closed comedo, commonly know as a whitehead is a non-inflammatory type of acne. Whiteheads are small bumps that develop under the skin from blocked hair follicles. They do not break the surface.

If the comedo breaks the surface ii is a blackhead. These are inflamed and have discoloration, also known as an open comedo. Melanin is what caused the discoloration not dirt. Another name for an inflammatory type of acne is a blackhead.

Papules are firm, pink bumps, and small. They are the

mildest type of inflammatory acne and show up on the surface. Often papules are sore and tender. They are considered the first step toward inflammatory acne from non-inflammatory.

Pustules are round lesions that are similar to a papule. Pustules are visibly, clearly inflamed, and filled with pus. This is where they differ from papules. Pustules will have a white or yellow filled center that appears red in color. There may be very little bacteria in a pustule, what pus is there is from the excess sebum, dead cells and irritation.

A very painful form of acne is cysts or nodular. Nodules are deep in the tissue of the skin, which are inflamed and contain pus. When the comedo ruptures the surround skin and tissues become infected, the body's defense mechanism reacts and produces pus. The worse form of acne will last for weeks or months, hardening and becoming a cyst. Cysts and nodules will leave deep scars on the body.

Acne conglobata develops on the chest, buttocks, and back, it is an inflammatory acne and extremely rare. The symptoms are pustules, cysts, and nodules with sever infection from bacteria.

Topical cosmetic can cause mild forms of cosmetic acne. Local infection will occur with small red bumps on the body where the cosmetics were applied. The symptoms may take several weeks to develop but generally do not create scars. If you do not eliminate the cause of the inflammation it

will persist until the product is discovered and use is stopped.

Understanding the type of acne is the only way to find a treatment.

#4. Acne and Vitamin Supplements

Because of the huge numbers of acne sufferers in the world no wonder why people are always looking for a cure. Yes, there are some known connections between hormones and acne and how to prevent it; but it still carries a mystery about what else can actually cause it. Even the scientific community agrees to disagree that the jury is still out on whether acne is affected by diet.

Heretofore that has been the consensus. The basis for the argument is an oily complexion creates acne and that the reason for that oily complexion is a diet high in fat.

There is no basis nowadays that shows any link in between acne and lipids or fat. Science says that extra oil secretion does not exist; and what cause that result are bacteria growing in a pore clogged with sebum. We've listened to western medicine tout no link between acne and diet!

Then in the 90's a new study started it all over again now saying that diet does cause acne.

This study states that the body does not have enough Coenzyme A that breaks down fatty acids to create sebum and that this is why acne exists. They believe this is the most required enzyme the body needs. Fatty acids broken down by this enzyme as well as it synthesizing sex hormones.}

Vitamin B5 is the only part of this enzyme the body doesn't produce. So no B5 = no Coenzyme-A or vice versa or at least shortage of them. A shortage of Coenzyme-A will not break down fatty acids it will synthesize sex hormones.

Pretty obvious, huh? More fatty acids = more sebum = more acne.}

100 people were involved in a study. Each used a B5 topical cream of 20% by weight and took 10 grams or more of pantothenic acid (B5) per day. Many people noted a reduction in acne within 2-3 days and sebum production was reduced. A higher dose of B5 was prescribed for those who had more severe acne 15-20 grams per day), (and treatment prolonged up to six months to see the effect.)

While the study doesn't prove definitively that acne is reduced or prevented, if you are looking for a more natural approach it might be something to try.

Discuss the possibility of a B5 treatment plan with your physician before trying it.

#5. Acne Scar Removal And Medical Insurance

Removing scars is expensive. Usually, multiple treatments are required to effectively reduce the long-term results of acne; of course this is dependent on how severe the acne was and the amount of scarring. One of the problems faced by acne sufferers is finding out how they can pay for surgery to remove scarring not covered by medical insurance.

Some companies refer to removing acne scarring as cosmetic rather than necessary and make approval to proceed difficult. The only way you are going to know for sure is to refer to your policy and review it. You should have a copy of your policy no matter who provides it. Cosmetic treatments and/or surgeries are just often not covered by your medical insurance. If you can't find the answers you need in your policy, contact your representative and make certain he answers the questions about your coverage.

It may be of some help to have your doctor write a letter to your insurance company on your behalf. His or her recommendation pertaining to the treatment for removing the scars should be included in the letter as well as his full contact information. You should expect a response with 30 days upon submitting to your insurance company. The

company will reply with a denial or an acceptance; it may come to you or the physician.

In the event it is denied you may still have other options. The hospital might have a payment structure to assist in covering the cost of the surgery if your situation warrants laser surgery. When lack of medical insurance prevents treatment, some hospitals will offer this kind of arrangement to assist the patient in affording the procedure. You need to find out if the hospital offers such a program.

You can contact the billing office at the hospital to determine this. If it is available, the doctor will have to prepare the full cost of the procedure and present it to the finance office. If you are approved it will make your obligation much easier to handle.

#6. Scalp Acne

Scalp folliculitis, aka scalp acne, is much more prevalent than many people are aware of; it is also the mildest form of acne. We all know about acne breaking out on the neck, arms, back and face. Unless you have had it break out on other areas of the body you probably weren't aware that it does our.

Periods of life where you undergo a tremendous amount of

stress can induce acne and scalp acne in particular seems more prone to occurring along with stress.

It usually happens when a particularly oily shampoo is used or if hair goes unwashed for a longer period than normal; it is very irritating. It's hard for the sufferer to refrain from touching it because it itches. The sores are painful, small and crusty in the mildest form. You will see them erupt in your hairline on the forehead. You may have a lot or just a few.

If you have larger, inflamed papules that have black-colored crusts you have acne necrotica miliaris. This type leaves scars that are similar as Chicken Pox scarring.

The most severe scalp acne can affect anyone regardless of sex or race, seems to affect for adult African-American men. There is a mix of bigger cysts and smaller papules and pustules that and grow very large; it is an extremely rare condition.

Scalp acne treatment

The same treatment for any other acne is pretty much the norm for mild scalp acne. Use a product that has salicylic acid to keep the affected area clean. Remember to use only on the areas that are affected because it can be drying. Be sure to use a shampoo that is for oily hair because oily hair is a factor in scalp acne. Some success is reported

by using hair care products specially created to treat seborrhea. You should be concerned about any hair care products you use, not just shampoo so check your labels and adjust however necessary.

Always consult a dermatologist before attempting to treat the more severe types of scalp acne. While benzoyl peroxide works on regular acne, it should never be used on scalp acne. Peroxide colors hair and unless you want some interesting side effects avoid using it on your hair. This is especially true if your hair has been processed in any way i.e. perms, colored etc.

#7. Acne and Rosacea Treatment

Rosacea is a debilitating affliction and if you have had it you have suffered. Not many people can understand the shame and embarrassment associated with bad skin especially with a red rash on your face. Rosacea never totally clears and can even leave scars. People who have this ailment are faced with scarring for the rest of their lives. However, there may be hope with laser treatments for Rosacea; many report wonderful results.

Sadly, even though dermatologists know how well the laser treatments work for Rosacea they are expensive. Insurance companies consider the laser treatments as cosmetic surgery so the patient has to pay out of pocket making the cost unreachable for most people.

However, time does usually bring positive change. More affordable, Rosacea laser treatments are now commonplace. They appear to be more effective also.}

The first thing a patient must do is determine which method is best for him or her. Research will help you decide which of the several different types of Rosacea laser treatments is best for you. It usually boils down to a couple of factors; how severe is your scarring and how much money can you spend. Over-the-counter ointments and creams may help mild or superficial scarring. Advanced laser treatment, prescription meds and laser therapy are usually the best course of action for severe cases.

The Rosacea laser treatment will reduce the scarring but will not totally rid your face of the scarring. However, your dermatologist will likely show you before and after subjects when you meet with him. Results vary from person to person, however, so don't forget we are not all created identical and neither will our treatment be.

Many people say that they are pleased with the outcome of their decision for the laser therapy. The skin's appearance improves and it greatly affects their self-esteem.

#8. OTC Acne Treatments

It is always a good idea to consult your doctor, even if yours is just a mild case of acne.

Especially before you test it yourself.

You will find hundreds of acne treatments sold over the counter; at least some of them are somewhat effective. Many of us tend to try something "new" when it is recommended by a friend or we're reacting to an advertisement that catches our eye. You would be far ahead to make an appointment and talk to your doctor; he or she can advise you on what will work for your best results.

We come in all sizes and shapes and no two of us is alike; it stands to reason then that one medication may not be the right one for all of us. Your acne could differ greatly from that of a friend. A basic understanding of the ingredients contained in acne medications will allow you to make better decisions about how to treat your acne.

One of the popular ingredients in acne treatments is benzoyl peroxide. It fights acne with two-fisted action and is found in creams and gels. It treats bacteria on top of the skin where pimples are formed. It also removes oils and dead skin cells from it. Black heads and white heads are created when the dead cells mix with sebum and block the pores.

Existing lesions can be safely treated with benzoyl peroxide. Used on skin that is clear it can prevent acne-causing bacteria from developing. If it tends to dry

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