



# **A Guide to Clear Skin** **and Acne Free**

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So..go ahead and READ it from cover to cover and find how to get the skin you've always wanted!

## What is acne?

With all this talk about acne, we might as well try to define the condition a bit. Acne is the commonly used name for pores clogged by sebum (also known as whiteheads and blackheads), pimples, nodules or cysts that can appear on the face, neck, shoulders, chest, back, upper arms and upper legs.

Most teenagers and a good number of adults suffer from acne for more or less extended periods of time. The condition is not confined to any age group, race, or sex. It affects hundreds of millions of people across the world. The biggest problems with acne are the unpleasant look of pimples and the scars they may leave behind.

## Types of Acne

Although pimples are by far the most common form of acne and the one most people are likely to encounter or suffer from, you should know that there are other forms as well. The simplest form is acne vulgaris, which features only comedones, the simplest of lesions.

Lesions are small patches of skin affected by acne, although the term “lesion” is not restricted to the changes produced by acne in skin tissues. Acne lesions are the external form of comedones, the sebaceous follicles plugged by excess sebum.

Comedones are known as blackheads and whiteheads, depending on whether the pore is open or not. Blackheads are pores whose distended openings are blocked by a mixture of keratin and sebum that is blackened at the surface. Whiteheads are closed pores filled with the secretion of the sebaceous gland that swells underneath the tissue.

**Comedones** - The usual target for picking and squeezing. However, opening a follicle in the less than sterile conditions of your home is likely to result in a slight infection. An open pore is an entry point for all kinds of bacteria.

**Papules** – The papule is a small, solid usually inflammatory elevation of the skin that does not contain pus. Very small papules can also appear in clusters, due to the tissue's response to acne.

**Pustules** – Pustules are small inflamed elevations of the skin that are filled with pus. The pus is a combination of bacteria, white blood cells and dead skin cells. Pustules are usually formed around sebaceous follicles and hair.

**Maculae** – A macula is a red spot on the skin left behind by an acne lesion. Maculae are flat, red and stand out against the surrounding skin. A group of maculae gives the face an inflamed aspect.

**Nodules** – The nodule is a solid lesion, one of the most painful lesions caused by acne. Nodules tend to extend into the deeper layers of the skin and are known to lead to tissue destruction. They can be very painful to remove and leave scars behind. Nodular acne is a severe form of acne that is treated only with isotretinoin.

**Cysts** – Cysts are lesions shaped like capsules and contain liquid or semi-liquid pus similar to that found in pustules. However, cysts are larger than pustules and can be infected. Cysts are also extending deeper into the skin and leave scar tissue behind. Nodulocystic acne is probably the worst type of acne known to man. It is resistant to treatment and responds only to isotretinoin, the substance obtained from Vitamin A.

## Who gets acne?

Believe it or not, nearly everybody in the world gets pimples. When the body shifts into higher gear and puberty begins at the age of 12, hormones start taking over. It doesn't matter if you're a man or a woman. It doesn't matter where you come from and who your parents were. I have never heard of a person who had stayed blemish-free in all the years of his or her life. Whether it's food or pollution, something is bound to upset your hormonal balance sooner or later.

More than 40 percent of all teens develop cases of acne severe enough to warrant medical treatment. Most cases are usually solved without the need for fancy treatments, although more than one trip to the doctor is required. However, modern medicine has produced a wide range of prescription and over-the-counter products to help people deal with their acne without unnecessary pain.

However, not all acne cases can be treated quite that easily. Acne comes and goes on its own, between the age of twelve and twenty-three, but some people develop severe forms of acne, while others get acne for the first time as adults. This is mostly the case for men. Because of the higher level of androgens in their systems, men are far more likely than women to suffer from acne. In women, acne is associated with their fertility cycle and the hormonal changes it entails.

While most cases of acne are confined to the facial skin, most of the people suffering from this condition experience at least the occasional blackhead or pimple down the arms, on the back, the chest or even on the buttocks.

The social impact of acne is huge. The unpleasant sight of pimples makes many people run to the near drugstore or pharmacy because of the perceived influence acne has in social relations. Every year, hundreds of millions of dollars are spent every year around the world on anti-acne products by people on five continents.

### **Most common variations of acne**

The term acne does not mean JUST pimples. Acne is a term for plugged pores (blackheads, whiteheads), pimples and even deeper lumps (cysts or nodules), that occur on the face, neck, chest, back, shoulders and even the upper arms.

There are several variations of acne that skin experts coined.

Acne Vulgaris (common acne) includes several types of lesions, usually called blackhead, whitehead, papules, pustules, nodules and cyst.

Mild to moderate acne vulgaris is characterized by:

Blackheads are caused by partially blocked pores. The black appearance is caused by melanin pigment from dead skin cells. Blackheads tend to be stable structures, and often take a long time to clear.

Whiteheads are caused by completely blocked pores. The white appearance is caused by the bacteria inside turning the sebum into free fatty acid. The whitehead differs in color from the blackhead because the opening of the plugged sebaceous follicle to the skin's surface is closed or very narrow, in contrast to the distended follicular opening of the blackhead.

#### **Don'ts:**

Neither blackheads nor whiteheads should be squeezed or picked open, unless extracted by a dermatologist under sterile conditions. Tissue injured by squeezing or picking can become infected by staphylococci, streptococci and other skin bacteria.

Papules are small, red, tender bumps or spots. A group of very small papules and microcomedones may be almost invisible but have a "sandpaper" feel to the touch. A papule is caused by localized cellular reaction to the process of acne. Pustules are larger, red and inflamed-pus filled spots.

On the other hand, severe acne vulgaris is characterized by:

Nodules are large and hard bumps under the skin's surface. Unlike a papule, a nodule is characterized by inflammation, extends into deeper layers of the skin and may cause tissue destruction that results in scarring. A nodule may be very painful.

Cysts are similar to nodules but can be severely inflamed and infected.

Acne Rosacea is a variant that typically causes a red nose and is more common in older people than in young people, mostly affecting those who are aged 30 and above. It commonly appears as red rash, which are normally confined, to the cheeks, nose, forehead and chin. The redness is often accompanied by bumps and pimples. Blood vessels may also become more visible on the skin. People with this kind of acne rarely have pimples. These flashes can be triggered by certain foods like spicy foods and alcohol.

## Common causes of acne

I always asked myself, why, why do I have acne and other people not. But worldwide there about 60 million people who suffering like I did.

I did some research and talked to my doctor to find the most common causes of acne.

**Hormones:** The number one cause of acne is the production of sex hormones, known as androgen, that begins at puberty. This is why majority of acne sufferers are adolescents and teens. Hormones are responsible for then acne flare-ups during menstruation and pregnancy.

When the sebaceous gland is stimulated by androgens, it produces extra sebum. In its journey up the follicle toward the surface, the sebum mixes with common skin bacteria and dead skin cells that have been shed from the lining of the follicle. While this process is normal, the presence of extra sebum in the follicle increases the chances of clogging — and acne.

**Stress:** can also cause the production of hormones, such as cortisol, which can aggravate acne. Stress brings upon different hormone levels. With hormone changes the body prompts the skins oil glands to enlarge, secreting more oil. Which causes white heads, black heads and pimples.

**Oily or heavy make up:** Heavy make-up clogs the pores and oily make-ups add more oil, which only adds to the problem if oily skin already exists. Cosmetics, especially certain moisturizers, foundations and pomades contain lanolin, petrolatum, vegetable oils, butyl stearate, lauryl alcohol and oleic acid.

**Certain medications and steroids:** Vitamins are good for your body, But an excess of vitamins B1, B6 and B12 can cause acne flare-ups. These vitamins are good for the skin, but avoid overuse.

**Diets:** For some people, a diet that is high in refined carbohydrates and sugars can actually aggravate their acne.



**Over abrasive cleansing:** Harsh exfoliators can damage skin and spread infections.

**Picking and squeezing:** This can actually send the infection deeper into the skin and can cause scarring.

**Environmental irritants:** such as high humidity and pollution. High humidity actually causes swelling of skin. Pollution is of course is a big cause for clogging your pores.

**Genes:** Family members who are also acne sufferers. Acne is inherited and severe cases known as cystic acne usually come from heredity.

### How hormones affect zits and skin

Implicated in a wide range of conditions and illnesses, hormones also play a role in the development of acne - inflammation of the skin that causes blackheads, whiteheads, and red spots usually called "pimples" or "zits." Androgens, hormones that are secreted in different amounts by both men and women, play a huge role in most cases of acne. Androgens stimulate the hormone-sensitive sebaceous glands, which produce oil known as sebum. Sebum, in turn, has been labeled as "the fuel that feeds the flame of acne."

Teens are more likely to suffer from breakouts because at the onset of puberty, their bodies begin to produce androgens. These "male" hormones are a natural part of development for both boys and girls, but boys tend to produce more of them, resulting in more severe breakouts. After about age 20, sebum production begins to decrease but it can flare up again at any age.

Due to the presence of androgens, your oil glands go into overdrive. They produce extra oil, which block your follicles and clump together with the dead skin cells on the top layer of your skin. When this sticky mixture works its way into your pores, it acts just like a cork in a bottle -- trapping oil and bacteria inside. Unfortunately, your oil glands cannot determine when to stop so they keep producing oil thus making the follicle swollen. Your body's natural defense system - white blood cells -- rush to the area to produce an enzyme that damages the wall of the follicle, allowing the contents of the follicle to enter the dermis. This process causes an inflammatory response that results in either red, painful bumps (papules); blackheads and whiteheads (comedones); pimples or acne. Contrary to common belief, this condition has nothing to do with what you eat, or how often you wash your face.

Dermatologists point out that dietary factors neither cause nor cure acne. In almost all cases, the food you eat has almost nothing to do with your acne, except for those containing iodine and muscle-enhancing steroids. If you ingest a large amount of iodine like mineral pills, your acne will likely flare up. Steroids have also been known to cause a type of acne referred to as steroid acne.

Hormones affect acne but having acne is not a sign of a hormonal imbalance. Changes in hormones, such as the specific point in your menstrual cycle (ovulation vs. having your period), pregnancy, or menopause all are normal, yet all can cause dramatic changes in your skin condition.

Female hormone levels change and vary throughout the monthly cycle. These fluctuations do cause acne to flare and diminish depending on the time of the month. The most effective way to treat menstrual cycle acne is to treat the acne itself by applying topical medications, oral antibiotics, or even changing or adjusting a birth control pill since the hormones found in these contraceptives are also related to flare-ups of acne.

### **How the skin works**

Can you imagine how we would look if we do not have skin covering us up? That may be too gross for our imagination. The skin is the largest vital organ of the human body. It covers you up, keeps you warm and keeps you cool. It also decides what can be absorbed and what should be rejected.

Skin that is clogged and unhealthy is not just a beauty problem. It can become a hindrance to your sense of vitality and wellness. Proper care of your skin is important not only to your personal sense of beauty but also to proper elimination, more graceful aging and overall health.

It acts as a mechanical barrier to infections. It ultimately prevents microorganisms and other substances from entering the body.

Langerhans cells (a type of macrophage) are found within the dermis, they engulf invaders foreign to the body and debris.

Keratin layers in the epidermis together with sebum produced by sebaceous glands act as a waterproof barrier.

Melanocytes protect the body from ultraviolet light.

Finger and toenails protect the extremities of fingers and toes from damage. Fingertips are important for dexterity and the sense of touch; they have ridged areas to assist in picking things up. Hair follicles offer some extra protection to certain parts of the body such as eyes and head.

It regulates body temperature. Considerable heat is lost through the skin. Even under extreme conditions of high temperature and exercise, our skin tends to make body temperature normal. The production (evaporation) of sweat in the skin cools us down when exposed to too much heat.

The core body temperature needs to be kept constant for normal physiological activity to take place (37°C). It needs to maintain a core temperature for homeostasis.

Skin excretes waste product and excess salt from the body. Sweat includes waste products in solution. Water is lost continuously through the skin as insensible sweating. More pronounced water loss through sweating occurs as part of temperature regulation.

Skin provides the sense of touch or sensation we need to know more about our outside environment through recognizing heat, cold, pain and other sensations. Nerve endings of the skin provide the body with a great deal of information about the outside environment.

Skin synthesizes the use of Vitamin D in the presence of sunlight and ultra violet radiation needed for the absorption of calcium and phosphate. So take care of your skin. No other organ in our body would perform these functions for you.

## **Know Your Skin Type**

Vanity is a natural human characteristic. It is innate in all of us. And although most people do not regard their skin as an organ, our skin is in fact the largest vital organ in our body. Skin that is clogged and unhealthy is not just a beauty problem. It can become a hindrance to your sense of vitality and wellness. Proper care of your skin is important not only to your personal sense of beauty but also to proper elimination, more graceful aging and overall health.

There are five major types of skin. Understanding your skin type is the best approach to your personal skin care.

**Normal skin**—is the type of skin that we'd all love to have. This is the “healthy” type of skin. This type is the not too oily, not too dry type, characterized by few blemishes, generally firm and smooth with small pores. When you pull the skin away from the bony structure, it springs back to normal position. Lines and wrinkles are appropriate for age.

**Dry Skin**—due to environmental exposure to harsh elements and very often lack of water skin may flake off and feel tight in your face. It may lack natural oils, may look rather flaky with small pores, blemishes and blackheads. Without adequate moisture, dry skin can easily become chapped. As dry skin ages, it's more likely than other types to become wrinkly.

**Oily Skin**—skin may look oily and coarse, may have recurring blackheads, acne and large pores. The texture of skin is thick; the touch is often sticky. This type is usually youthful- looking due to the presence of oil on the skin. Often, individuals with oily skin have a tendency to develop acne in their teen and middle years, and overgrown oil glands, or sebaceous hyperplasia, in the middle and late years.

**Combination Skin**—varies according to your skin type. This is the Jekyll and Hyde type of skin, often with split personality. This type may be characterized as oily on the T-zone (the area that stretches from the forehead down to the nose and chin), and dry to normal on the cheeks and around the eye area.

**Sensitive Skin**—people with sensitive skin are the most prone to allergies, rash, sting, and burns. This type of skin gets irritated easily and can go very red and blotchy. This type will have a lot more trouble to environmental factors and tends to be very sensitive to cosmetics.

Know your skin and take care of it. It is your glory to being healthy and beautiful.

### Common Acne Myths

Try asking people advice regarding your acne and chances are, they would tell you that it is due to your poor hygiene, poor diet or that you are in love.

However, skin experts are actually dismissing those as nothing but myths. The best way to cope with your acne problem is to educate yourself and it is with this purpose that we decided to list here the common acne myths that people often encounter.

**Acne is not caused by a poor hygiene.** Many people believe that acne is caused by poor hygiene; therefore they tend to over-wash their skin. However, washing too frequently and too aggressively can strip the skin of its natural lipids, damaging the skin's natural barrier function. In response, the follicle will produce excess sebum and possibly additional breakouts. So unless you get yourself dirty on regular basis (like a mechanic, perhaps), do not over-wash your face.

**Acne is caused by certain foods.** The common misconception is that eating junk food will lead to or worsen an acne condition. Scientific studies have shown that diet has little to no effect on acne. This varies depending on the person. While eating healthy and balanced diet is encouraged for our health, there is really no scientific evidence that connects certain foods to acne. If you are one of those who are affected by certain foods, it is always wise to avoid them.

**You can outgrow your acne.** It is much more sensible to treat your acne immediately to avoid emotional stress and permanent scarring.

**Acne is just a little problem, no need to overreact.** It is embarrassing to have acne, thus can affect our confidence and esteem. It may even affect our social relation and job performance.

**Acne is just a cosmetic disease.** Heavy and oily make up may contribute to acne build up. However, cosmetics labeled non-comedogenic or non-acnegenic might actually contain benzoyl peroxide and salicylic acid that may help to fight acne.

**Stress can cause acne.** While over stress may actually produce hormones that can aggravate acne; normal, everyday stress does not really trigger acne.

**Getting a tan would clear up acne.** While sun exposure may dry out existing acne, it will not prevent new ones from forming. It can also over dry the skin

thus sebaceous glands will produce more oil that will ultimately worsen your condition. It will also increase your risk of skin cancer and wrinkles.

So there, the next time somebody tells you one of those things, gracefully correct them and share what you know. Remember, knowledge is power.

### The Social Impact of Acne

#### The negative results of acne

Acne is one of the most troublesome conditions of our times. While most people suffering from acne do not experience any kind of physical discomfort, they make up for this by psychological scarring. This effect has not been studied in depth because acne is a common, non-threatening condition that comes and goes on its own and any psychological effects attached to it were not seen as particularly important.

However, acne has a stronger than suspected impact on the lives of people today. Studies conducted by researchers showed that people suffering from acne also display:

- Low self-confidence
- Frustration
- Feelings of inadequacy
- Depression
- Refusal to socialize
- Low self-esteem

These effects are triggered by the negative effect acne has on looks and the resulting apprehension of negative reactions from others. People suffering from acne can end up living unsatisfying lives and fail in school, jobs and social interaction.

## **Skin Care Tips for People Suffering from Acne**

### **Be Gentle**

The first thing to remember is that you have to be gentle with your face. Don't wash your face with hot or cold water. Use lukewarm water and a mild cleanser twice a day and after your workout at the gym, in case you do work out. Avoid regular soap and other such products that are filled with harsh chemicals. If you are not familiar with cleansers, ask a doctor for advice.

Wash you face gently and rinse thoroughly. Pad you face dry and avoid scrubbing. Scrubbing could open a thousand invisible lesions in your skin that are the perfect breeding grounds for bacteria.

### **Keep Your Hands Away from Your Skin**

Although it is against your instincts, you must learn to keep your hands away from pimples and other lesions. Squeezing pimples is a bad idea, unless performed under sterile conditions by a doctor.

### **For the Guys**

If you have to shave, then be very careful about it. Run a test on yourself and see if which type of razor is better for you. I'd say that electric razors are the thing to use if you suffer from acne, but each man knows better what works in his case. Shave gently and avoid opening up existing lesions.

### **For the Girls**

Cosmetics are one of the minor roots of acne. If you're going through an acne treatment, then choose only oil-free cosmetics or else the good effect is wasted. You should also run tests on yourself and see which cosmetics do not clog your pores. Watch out for side-effects if you use products whose labels say "designed not to clog pores".

### **Stay out of the Sun**

Yes, a suntan would look lovely on you, but you should learn to do without for a while. The risks of sun exposure are not acceptable when you realize that the sun does not cure acne. UV rays simply dry the outer layers of your skin and cause it to peel away. However, once you are away from the sun, acne will return. Prolonged exposure will also make you a certain candidate for skin cancer.

### **Stay clean – a few simple rules for clean face skin**

One of the easiest ways to prevent, to a certain extent, the emergence of pimples and the spread of acne is to keep your skin clean. While the hormonal causes of this condition cannot be addressed by simple washing, you can still prevent excess sebum from clogging pores and grime and bacteria from accumulating into them. Thus, at the cost of a couple of minutes every day, you can actually stop acne from running wild and popping up everywhere it feels like. However, there are certain simple rules one must follow in order to make washing an effective tool against acne.

The first rule is to avoid using hot or cold water on your face. Facial skin is one of the most sensitive parts of your skin and should never be washed with anything else than lukewarm water. Hot water will burn the outer layers and cause the pores to open up too much, thereby exposing yourself to even more danger. Cold water, on the other hand will force the pores to contract and you will no longer be able to clean them, thus defeating the purpose of washing. Neither scalding your face nor freezing it is recommended. Lukewarm water is gentle on your skin and more effective at removing sebum and grime than hot or cold water.

The second rule is to avoid the use of soap or other cleansing chemicals. Soap will disrupt the natural balance of facial skin by removing too much sebum and leaving the skin dry and unprotected. It will also leave behind a film of substance that can easily clog the pores and cause the acne you are trying to avoid. Other chemicals, such as creams and ointments, will usually dry out your skin and cause redness and swelling in time. Avoid them like plague. Plain water is enough for keeping your facial skin clean.

After washing, you should pad your face with a soft towel. As you may have noticed, the basic idea is to be gentle to your face skin at all times. A harsh toweling would only serve to open a thousand tiny lesions in your facial skin, all of which can turn into entry points for bacteria and germs. Needless to say that you don't want this to happen. Be gentle with your skin and you'll enjoy beautiful and wrinkle-free skin even in your old age.



## Diet and Skin Care

There's a rather worn-out saying, which goes like this: you are what you eat. Not surprisingly, the cheap soundbite appearance serves as a mask for a deeper truth, since any skin care professional would tell you that diet is crucial for maintaining a healthy skin. Many skin conditions are caused by diets that actually starve the body instead of bringing in the much-needed vitamins and minerals.

Your skin cannot function properly without the daily supply of vitamins, among which the most important are Vitamin A, Vitamin B2, Vitamin B5, Vitamin B7, Vitamin C, Vitamin D and Vitamin E.

Vitamin A is one of the building blocks of the body's immune system. It plays a key role in the formation of intact epithelial tissues, which are the first barrier to infections, and also in keeping white cells healthy to fight bacteria. An insufficient supply of Vitamin A can lead to xerosis, which means "dry skin". The best sources of Vitamin A are milk, eggs, carrots and spinach.

Vitamin B2 is involved in the regulation of human growth, including the health of skin, hair and nails. It can be found in milk, cheese, leafy vegetables and almonds. According to studies conducted by Doctor Hung Leung, deficiency of Vitamin B5 can cause acne. Doctor Leung has actually managed to prove through his studies that regular doses of Vitamin B5 have a positive impact on acne, with milder cases being solved in matter of weeks. This vitamin is common in whole grain cereals, legumes, eggs and meat. Vitamin B7 is used by the cosmetics and health industries in many skin and hair care products. It is also recommended by doctors for strengthening hair and nails. Common sources of B7 are liver and kidney, dairy products and some seafood.

The well-known Vitamin C is not used solely for preventing the loss of teeth, but also to keep skin flexible and strong at the same time. The vitamin is required for the production of collagen in the connective tissues. Collagen is responsible for keeping the connective tissue flexible, yet strong. The best sources of Vitamin C are fruits and vegetables, with the Billygoat Plum (also known as Gubinge or Kakadu Plum) being the undisputed leader of Vitamin C sources (60 times more Vitamin C than oranges).

The body synthesizes large quantities of Vitamin D through exposure to sunlight, which makes this vitamin one of the easiest to get. However, the end of summer means an end to large-scale Vitamin D synthesis and the body has to

rely on reserves to get through the autumn and winter. Lack of Vitamin D is one of the causes behind skin cancer. Other sources of Vitamin D are fatty fish (salmon, mackerel, sardines) fish and beef liver and eggs.

Vitamin E is used in many skin creams and lotions. It is believed to play a role in promoting skin healing and reducing scarring after certain injuries. It can be found in vegetable oils, nuts, wheat and leafy vegetables.

### **The effects of smoking and alcohol on your skin**

Although smoking is best known for causing lung cancer, this habit is also among the biggest threats to your skin. Next to sun and chemicals, tobacco is one of the major accelerators of your skin's natural ageing process and it's thought to be one of the fastest acting threats. Young people start showing signs of early skin aging after as little as 10 years of smoking. If you think this is a long period of time, you should keep in mind that many young people start smoking in their teen years (16-19 year olds) and are still below 30 when the first signs appear.

Smoking causes the narrowing of blood vessels throughout your body, including those that supply the outermost layers of the skin with oxygen and nutrients. Thus, your skin is slowly starved of vital oxygen and other substances, such as immunity-boosting Vitamin A. Alcohol has a similar effect by destroying the body's supply of Vitamin A. This will lower your skin's role as the first line of defense against bacteria and infections.

The same Vitamin A is used in the skin turnover process to help generate the new cells that replace the dead ones. The vitamin provides a temporary boost in the production of collagen and can lend the skin a more youthful appearance for a while.

Over time, the lack of oxygen and nutrients would allow the formation of harmful free radicals that slowly damage the elastic fibers and collagen, which keep the skin strong and flexible. The result is usually the appearance of premature wrinkles. It is also thought likely that the repeated pursing of lips

when inhaling smoke helps build wrinkles around the mouth, while the heat of the burning cigarette tip is also damaging the skin.

The bottom line is that every person who wants to enjoy healthy skin for as long as possible should refrain from alcohol and tobacco consumption and should also take the basic steps in skin protection. There's no reason to harm yourself with unhealthy smoking and drinking and to damage your face with premature wrinkles. It's so simple to stay healthy.

### **Different Acne treatments**

Acne is the most common skin disorder known today. In United States alone, nearly 60 million people are infected with acne, while 85 per cent of teenagers suffer from it. Skin experts and practitioners recommend several natural acne treatments. Here are some that we have compiled just for you.

Wash your face twice a day (thrice at most) with gentle and unperfumed cleanser. Avoid using soaps as they contain harsh chemicals and ingredients that can damage your skin.

Avoid touching your face. Stop putting your hands by your face! I am often guilty of this resting my hand on the side of my head while reading. Also rubbing or bracing your chin is another common problem when thinking. Avoid rubbing, touching, or scratching your skin with your hands. Your hands contain a lot of bacteria that can cause acne flare-ups. It is probably one of the most difficult things to avoid since much of the hand to face contact throughout the day we are unconscious of. Make it a habit to avoid hand contact and be conscious of it during the day to avoid bacteria.

Avoid the temptation to pick, prick and squeeze your acne. This will send the infection deeper into the skin and can cause severe scarring.

For mild to moderate acne, you can use over-the-counter topical ointments, solutions, lotions or gels that contain benzoyl peroxide, salicylic acid or azelaic acid as an alternative to benzoyl peroxide. Benzoyl peroxide is best at killing P. acnes and may reduce oil production. Resorcinol, salicylic acid, and sulfur help break down blackheads and whiteheads. Salicylic acid also helps cut down the shedding of cells lining the follicles of the oil glands.

Topical antibiotic solutions and lotions can also be applied.

Tea tree oil is a natural antibiotic and antibacterial agent and has a drying effect on the skin. It keeps the P. Acnes bacteria at bay along with decreasing facial oiliness, which makes this oil a worthwhile investment.

Sulfur helps to heal existing blemishes by unblocking pores.

Alpha or Beta Hydroxy Acids (AHA or BHA) works by keeping the skin exfoliated. Glycolic acid, the most well known of the bunch is a useful adjuvant therapy for mild acne. Mandelic acid, a lesser known one, but one that combines the keratolytic properties of glycolic acid, with natural antibacterial properties that help reduce the presence of P. acnes, may be considered a more effective alpha hydroxy acid in treating acne lesions. It is also much less irritating than glycolic acid, a factor that may be very important to those with sensitive skin who are unable to use other agents such as Retin-A, benzoyl peroxide, sulfur, or salicylic acid. It is effective in treating mild cases of acne on its own, and can be used successfully with other therapies on moderate acne.

### **Easy Home Remedies for Beautiful Skin**

Tired and confused of all the cosmetic products in the market? Are you typically at loss on what to buy to have the best quality that would give your skin the care it deserves? Well, if you are constantly fooled by the hypes done by those big cosmetic companies who are spending billions of dollars each year to satisfy your quest, then you might consider computing the amount of money that you have spent. How much does each trip to the drugstore cost? How many bottles of products did you buy aimed to cleanse, tone, moisturize, and exfoliate your skin? Does your bureau resemble a hospital medicine cabinet? The truth is, maintaining a beautiful skin does not have to be this complicated. There are natural ways to have that beautiful skin you have always longed for at your refrigerator and kitchen. Moreover, they are not that expensive as those bottles of cosmetics that you are so fond of.

### **Easy Home Recipes for Beautiful Skin for Every Day of the Week**

1. You will need one egg, a heaping tablespoon of mayonnaise and a tablespoon of honey. Mix this together thoroughly with a fork and apply sparingly to the skin. Allow this to dry and then wipe off with a warm washcloth.

2. You will need 1 tbsp. yeast, 1 tbsp. baking soda, 1 tbsp. water. Mix together ingredients and apply on face allowing it to sit for 15 minutes before rinsing it with warm water.
3. You will need 1 tbsp. of gram flour, 1/4 tsp. orange peel powder, 1 tbsp. beaten yogurt, 1 tsp. olive oil. Mix ingredients well and apply paste on your face and neck allowing it to dry. Rinse with warm water first then cold water.
4. Slices of cucumbers applied to the eyes refresh and relieve puffiness and they are great cleansers when sliced and rubbed over your face. The same holds true for slices of fresh tomatoes.
5. You will need one-fourth tsp. of lime juice stir to mix with one tsp. of milk and cucumber juice. Apply on the face and neck and wash off after 14 minutes. This cleanses and purifies pores of skin.
6. Make a paste by mixing papaya, honey, milk and milk powder. Apply on the face and let sit for a few minutes then wash off.
7. You will need 1/2 tsp of rose water mixed with 1 tsp of honey. Gently apply to the face. Leave it for about 15-20 minutes, then wash off with tepid water. Honey moisturizes and soothes dry skin, and is gentle enough for daily use.

### **Find the best acne solution**

Sick and tired of looking into the mirror and seeing the same ugly spots and blemishes? Annoyed that you can never go out and have a good time because people stare all the time? Then it sounds like high time you do something about it. From the myriad of chemical and herbal products available on the market, with more launched every year, we present you with the best anti-acne system ever. It's not a single product designed to treat merely one aspect of acne that we're talking about, but a powerful 3-part system that attacks both the causes and the effects of acne anywhere on your body.

Most products target only facial acne, and even that without much success. But we must ask the questions: is acne a problem only on the facial skin of our prospective customers? The obvious answer is "NO". Acne can and does appear on the chest, back and upper arms, which means that products dealing only with facial acne are not enough. Not to mention that some of the

products contain either ingredients that are perfectly useless for treating acne or ingredients that are downright harmful to users.

However, this is not the case with the 3-part ClearPores System. This one caught our eye with its backing by the studies of American doctors, European herbalists and independent review sites. Not to mention the flood of success stories and letters sent by satisfied customers. People who have been suffering from acne for years are now displaying perfect skin and enjoying living without troublesome red spots and blemishes.

### **What makes ClearPores such an extraordinary treatment for acne?**

What makes ClearPores such an extraordinary treatment for acne? The key to understanding how ClearPores works is the fact that you're not dealing with a single product, but with a system designed to take care of all the aspects that make acne such a problem. Basically, acne means that increased sebum production ends up clogging the pores on your skin, which allows bacteria to flourish inside the sebaceous follicle. That is why it is imperative to operate on several fronts at the same time in order to open the pores, cleanse the skin and destroy the bacteria.

Thus, the ClearPores System comes with deep facial and deep body washes designed to work from the outside by unclogging the pores and washing the dirt and bacteria from your skin.

Next comes the inside attack as herbal pills help your body kill bacteria before they have a chance of turning a follicle into a pimple. And last, but not least, are the facial and body protection creams that keep your skin free from renewed acne attacks. This simple to use and extremely effective system combines the herbal power of Aloe Vera, Dandelion Root, Red Clover and Sarsaparilla Root with the SD Alcohol and Salicylic Acid solution in order to cleanse the skin and defeat bacteria.

### **High Effective and safe ingredients**

These ingredients are perfectly safe and their effects on the human skin have been thoroughly tested by both ClearPores experts and independent researchers. However, be warned that not all products available on the market are made from the same safe ingredients. ProActiv is one of the best-known anti-acne products, but it contains Benzoyl Peroxide. This chemical ingredient is extremely strong and has many reported side effects, such as skin irritation, blistering, crusting and rashes. Another well-known product is Vilantae, which is sold as safe herbal pills. However, some customers complained of headaches, diarrhea and stomach problems. Prescription drugs are even worse than this, which is why they should never be taken without physician supervision. But why bother with strong chemicals or risk your health with hazardous products when ClearPores is a safe solution to your acne-related problems?

As a mark of the parent company's trust in the success of this skin cleansing system, ClearPores offers the best money back guarantee in the industry. That's right, you have six months at your disposal to claim a refund if you are not satisfied with the results of the ClearPores System. ClearPores is also offering free access to their skin care and beauty articles database and forum that will help you stay healthy and beautiful throughout your life. Why spend time and money with inferior products when the answer to your acne-related problems is at hand? We recommend ClearPores for everyone interested in getting rid of those ugly blemishes.

## Useful Resources

[FaceYourAcne](#) - A great source for advice, information and product reviews on acne and best acne treatment products in market today. Offer you free informational reviews on acne products and unbiased, free resources, tips and tricks, where people can quickly and easily find information on acne and acne treatment options.

[FightYourAcne](#) - A group of skin care professionals. They have analyzed and researched the skin care market to provide you with all the information you need to fight your acne. They help you by providing reviews and guides in order to choose the right skin care products that would make your skin look healthy and youthful. Use the Review Centre to compare skin creams and acne reduction products.

[MyAcneSolution](#) - A very useful personal webpage of a webdesign student who suffered from acne for 14 years and how she got rid of her acne and Back Acne.

[SkinProductReview](#) - A authority on skin beautification and the products associated with helping skin problems. They provide reviews of the best products available in the market.

[ClearPores](#) - Official Clear Pores Website, A complete natural approach to treating the acne from inside and outside – One of the best solutions in market for your skin.