

How To Win Your War Against Acne

HOW TO WIN YOUR WAR AGAINST

ACNE

SELECTED TIPS - 115 PAGES!



115 Pages!

Brought to you by Wings of Success

Contents

What Is Acne?	9
Use Proper Cleansing To Treat Acne.....	10
Using Treatments To Fight Acne.....	11
Using Medications To Fight Acne	12
Prevention Is The Best Way To Treat Acne.....	13
Your Ultimate Guide For Acne Home Remedy.....	14
Acne Myths And The Perceptions They Cause	16
Acne Scars – Cause, Prevention And Treatment	18
Acne Skin Care Products	20
Dealing With Teen Acne	22
Acne Home Treatment 101	24
Products To Avoid When Treating Acne	26
Tips For Acne Prevention.....	28
Over The Counter Ideas For Treating Your Acne	30
Not All Scars Tell A Great Story	32
Misunderstanding Acne	34
Facing Acne: How To Cope With Its Effects	36
Acne Products Just For You.....	38
The Teenagers' Guide On Treating Acne.....	40
Effective Acne Treatment Options	42
What Is Acne?	44
New Treatments For Acne.....	45
Tips For Keeping Your Skin Acne Free	46
Acne Treatment: Do I Need to See A Doctor?	48
Acne Treatment: Exfoliating	49
Treating Acne With Topical Products	50
Treating Acne With Antibiotics.....	51
Treating Your Acne: Your Glands	52
Treating Your Acne With Natural Products	53
Preventing Acne From Happening.....	54
Acne - Not Just A Teenager's Nightmare!	55
LASER: Is This The Ultimate Cure For Acne?.....	57

How To Win Your War Against Acne

Nlite Acne Scar Removal.....	59
Acne Treatments For Black Skin.....	61
Acne Treatment: What To Do When Acne Strikes.....	63
Adult Acne: The Three Main Sources.....	65
Treating Acne Using Tea Tree Oil.....	67
Cystic Acne - Causes And Treatment.....	69
How To Treat Back Acne.....	71
Laser Treatments To Help Cure Acne.....	73
The True Cause Of Acne.....	75
Understanding The Different Types Of Acne.....	77
Using Topical Products To Help Treat Acne.....	79
Ways To Treat And Prevent Acne Scarring.....	81
What You Should Know Before Taking Accutane.....	83
Acne Control The Natural Way: 8 Ways To Say Goodbye To Acne.....	85
Oral Acne Medication Options.....	88
3 Popular Myths About Acne.....	91
6 Acne Skin Care Tips.....	93
Coping With Adult Acne.....	95
How To Determine Your Skin Type.....	97
Natural Acne Treatment.....	99
Should You Use Makeup To Cover Up Your Acne?.....	101
Understanding Teen Acne.....	103
Understanding The Psychological Effects Of Acne.....	105
Water As A Natural Acne Remedy.....	107
What Causes Blackheads And How Are They Treated.....	109
When To Seek Medical Attention For Your Acne.....	111

What Is Acne?

Acne is a very painful experience for those that have to deal with it. For some individuals it will last only for a few years through their teenage years. For others, though, it will continue well into their future even until they reach 30 or 40 years of age. It is a skin condition in which bacteria or something else has irritated the skin and caused it to develop what are sores. These are red, pimple like masses that are not only uncomfortable, but can be damaging to the person's self esteem as well. Acne needs to be treated.

There are several things that can cause acne to happen on the skin. First, there needs to be right conditions for something to happen. The pores are often the place where it all happens. The skin is full of pores, tiny little openings on the skin. If these pores are full of oils that are secreted from your glands to keep the skin moist, then they are ideal places for bacteria to locate itself. If it is not washed away and killed, the bacteria will breed and soon they will be irritating your skin.

Acne can be treated in several ways. First of all, it should be treated by doing several of these things, as they are more likely to be beneficial when done together. First, the bacteria that is hitting and infecting the skin needs to be treated. For this to happen, the bacteria will need to be washed away. This can be done through exfoliating, through medicinal topical treatments or even with the help of lasers. The oil glands need to secrete only the right amounts of oil into the skin. This can be regulated by regulating the hormones that cause it. By taking care of these aspects, the individual's skin can improve, become healthier and eventually get rid of the infections that have been caused by the bacteria.

Use Proper Cleansing To Treat Acne

One of the first things that you can do to treat the acne that you have is to use the right types of cleansing products on it. There are several things that you can use and several ways in which you can use it to effectively stop the acne from getting worse as well as to help it to draw back and clear up. Taking care of your skin is the best way to treat the acne that you may have. It does not need to be that difficult to do either.

You can use a wide range of products to wash away the bacteria that hit your skin. If you look at them, make sure that you are not allergic to any of the products that are listed in the medication or cleansing product. Once this is seen, you can begin to see the results of use within a few weeks of use. The cleansers that you use should be that which is designed specifically for acne prevention and treatment. These will allow for the best results in the skin for your purpose.

You should also consider exfoliating. There are many products available that make this quite simple. The least harmful type is that of using pads or scrubs to do the exfoliation. All you need to do is to rub the product into the skin and it will remove dead skin cells from it effectively. You will also want to consider using moisturizers that are non oil based to help in keeping the skin hydrated. When you do this, you will have the best possible outcome for your skin. Proper cleansing of the face will provide you with the clean slate that you need that bacteria will not want to be in. The cleansers will be able to help you to get rid of the bacteria and the oil in your skin so that it can be free from the elements that cause acne.

Using Treatments To Fight Acne

There are many things that you will find available to you when it comes to treating your acne. There are many over the counter products that you can use to safely help you to get your skin back to where it used to be. When it comes to acne, no one likes it, but few know what they need to know in order to get rid of it. One of the things you will likely want to consider is that of the treatment programs that are offered throughout the web and throughout the drug store.

There are some benefits to using treatment programs. For one, you will have the best possible outcome to your acne treatment because many of these programs are all inclusive. That is, they provide for you all that your skin needs to get rid of the acne. When choosing them, though, you should learn a little more about them before you choose one over the other.

- What is the daily treatment plan? If this is something that is too challenging for you to do, then you are likely not going to stick to it and the program will then fail.
- The product should provide for a cleansing agent to help get rid of the oils in your skin, a moisturizer, especially if you are prone to dry skin, and it should include exfoliating products too. This combination can be the best treatment out there for acne.
- To know if the product will work for you, you will need to try it. Just because it worked for someone else does not mean you will have the same results. But, it can be a good idea for you to actually learn about how well it worked from others. What they did and did not like about it may be helpful in making a choice.

Using acne treatment programs can be a great way to get an all around benefit to your skin. If you do what the program says as much as you can, then you will have a good chance at seeing some relief from your acne.

Using Medications To Fight Acne

There are several different types of medications that can help you to get the best treatment out there for your acne. If you have acne and have tried using a wide range of cleansing products to help get rid of it, you may be frustrated with the fact that it has not cleared up. There are many treatment programs that are designed to help those that have moderate to severe acne, though. Even still, these too may fail to help you. Because each and every person needs something different, it is also necessary to call on your doctor for acne help through medications.

There are two types of medications that will generally be used. One is an antibiotic. The job of the antibiotic is to kill the bacteria that are the main culprit behind the acne. There are several medications that can be used in this manner. They can be used as topical treatments especially when the acne is confined to one or just a few small amounts of area. There are also oral antibiotics that can be used as well. These are ideal for those that are experiencing acne in larger areas of the body.

The second type of medication that is can be used is a hormone treatment. The glands that are under your skin are usually producing high amounts of oil. When you have acne, the bacteria will be attracted to these areas for the warmth and moisture. While antibiotics can treat the bacteria, the hormone treatments can work to stop or slow down the flow of oils. Most who have high levels of acne will have hormones that are all out of whack. Once they get this under control, the glands will go back to producing normal amounts of oil again.

Your doctor can help you to get the best answers to your questions about what is right and what will work for you. For some individuals, seeking out the help of your doctor can be the best course of action to take. It is often necessary, in fact, when individuals have severe acne.

Prevention Is The Best Way To Treat Acne

There are many medications on the market to help with acne. Some of these will work well for those that have acne. Some will not work for you. The best way to not have acne is to work on preventing it from happening instead of just waiting for it to happen and then treating it. This is the best way to go when you would like to keep your acne free or low acne infected face that way.

Tips

- **Use a good quality facial cleansing product.** These are available over the counter. If you know that you are likely to be one to get acne, then use those treatment programs that are designed for acne. You will find that there are many out there but choose the one that allows for the best fit to your specific needs. Use it twice per day, morning and evening.
- **Exfoliate your skin.** There are exfoliating products available to you as well. You should use them, as directed, to help you to get the dead skin cells off of your face as well as help you to get rid of the bacteria on your skin. If your skin becomes too dry when using these products, purchase and use a non oily moisturizer to help.
- **Eat a balanced diet that is full of the nutrients your body needs.** This will include lots of fruits and vegetables. Although this will not help with getting rid of acne, it will help your body to have a fighting chance at having what it needs to fight off infections.
- **Use a multivitamin.** If you are prone to acne outbreaks, you may want to consider a regiment that is designed for acne itself. These are ideal because they can provide for you a wide range of nutrients that most individuals do not get enough of.

Preventing acne means being proactive when it comes to it. If you would like to have the best results for your skin, then you should do whatever is necessary to secure this through prevention.

Your Ultimate Guide For Acne Home Remedy

Acne is an extremely common skin problem, occurring quite frequently amongst older teenagers and young adults. If ignored, acne can cause serious skin problems immediately or later in life. With all the different products out there to treat acne, you may be tempted to try some. But before you go out and purchase some of these often expensive products, try out some of these acne home remedies.

Toothpaste - For Minty Fresh Skin

Believe it or not, toothpaste can sometimes help clear up acne. While there have been no formal studies to date, many people swear by toothpaste as an effective acne home remedy. Simply apply directly to your problems spots before bedtime. Common wisdom holds that this will help control the swelling and redness. Just make certain you use actual toothpaste, not the gel stuff.

Salt and Vinegar - Pickle Those Zits

A solution of salt water, with or without vinegar, can help clear up your acne both by drying your skin (removing excess oils) and by helping disinfect. Wash your face twice a day with a salt water (and vinegar if you like) solution. Just don't make the remedy too strong, mildly salty is best. For stubborn spots, make a stronger solution, apply to the swollen area, and leave on for 15-20 minutes.

Fruits - Healthy Inside and Out

Fruits are also held to be an effective acne home remedy. Try applying strawberry leaves directly to the zit and leave the on for a while. Fresh lemon juice (not concentrated) or lime mixed with rose water is another acne home remedy you can try. Apply to your face and leave for 15 minutes. Try this one for 15 days and you just might be amazed at the results! Ground orange peel, mixed with water into a paste, can be effective in treating an outbreak. Apply and leave for 15-20 minutes, then rinse the paste off with warm water. Papaya juice is also widely held to be effective. Fresh tomato paste can be used much like the orange peel paste as well.

How To Win Your War Against Acne

The one thing all these fruit-based acne home remedies have in common is their astringent properties. Removal of excess oil and dirt is the key to fighting acne.

More Plant-Based Acne Home Remedies

In the same vein as the fruits discussed above, there are many herbs and plants that have also proven to be effective acne home remedies. A mixture of the oil extract of witch hazel, sweet fennel, and tea in water applied 2-3 times per day has been shown to be effective in fighting acne. Methi (fenugreek) leaves, crushed into a paste, can be useful when applied for 10-15 minutes before rinsing. Crushed garlic works as an effective acne home remedy as well, although most people forgo this one simply because of the smell. Aloe Vera has well-documented skin healing properties, and acts as an astringent as well. Cucumber, of course, has been a favorite to reduce all kinds of swellings for years. It can be more effective if you apply the cucumber in paste form. But I'll bet you didn't know that ground radish or ground sesame seeds are also another acne home remedy.

Support From the Inside

All these mixtures, concoctions, and pastes are nice to apply to the outside, but boosting your body from the inside makes any of these acne home remedies work that much better. Nettle tea has long been recommended as a cure-all for skin problems of all sorts, including acne. Taking a vitamin supplement with vitamin B5 and zinc promote a healthy immune system, helping your body fight off acne-causing bacteria. Give some of these home acne remedies a shot, and you just might be surprised at the results you can achieve without spending a ton of money on specialized skin care products.

Acne Myths And The Perceptions They Cause

Understanding what causes acne in the first place is an important step towards curing it. But it is easy to get caught up in the acne myths and avoid things that really have no relationship with your acne. Here are some of the more common acne myths.

Acne Myth #1 - A Tan is Good for Your Acne

It is commonly myth that getting a tan can clear up your skin. Although it will cover up the redness, getting a tan does not help your acne clear up at all. In fact, the skin damage that can be caused by over-tanning can actually make your acne worse or complicate the healing process, as well as lead to more serious skin problems down the road.

Acne Myth #2 - French Fries Give You Acne

Since acne is caused by excess oils in your skin, it only makes sense that eating greasy foods or eating chocolate can cause acne, right? This is absolutely a myth. It has been scientifically proven many times that what you eat has no connection to your acne breakouts. So don't stop eating your favorite foods just because of an acne outbreak. It really doesn't effect your skin either way.

Acne Myth #3 - Washing a Lot Helps

While washing your face is an important part of controlling any acne, over-washing your face can strip your skin of essential oils and moisture. This will cause your skin to become irritated and dry, leaving it more susceptible to the infections that cause acne. The irritation will also slow the healing process of any existing acne. Washing is important, just don't overdo it!

Acne Myth #4 - Popping Your Pimples Clears Them Up

Again, while it may make sense to "clear out" the bacteria by popping a pimple, in reality this practice will push the bacteria deeper into the skin and leave open wounds where the pimple was. This can lead to secondary infections and scars, while furthering the spread of acne-

How To Win Your War Against Acne

causing bacteria at the same time. Devices that are made to help pop pimples or extract blackheads run the same risks of scarring. Don't pop those pimples!

Acne Myth #5 - Don't Wear Makeup

A lot of people say that wearing makeup causes acne. Yet again, this seems to make sense on the surface, since clogged pores lead to acne and makeup can get in your pores. But modern cosmetics often contain benzoyl peroxide or salicylic acid, which actually help fight acne.

There are many other acne myths out there. Understanding what causes acne and what not to do are important steps in treating your acne. If in doubt, or in severe cases, talk to your dermatologist about possible acne causes and treatments.

Acne Scars – Cause, Prevention And Treatment

Acne scars are easily recognized by the red skin of an area formerly occupied by a pimple. The initial form, while not actually a scar, will lead to one in some cases. Unfortunately, the only way to know for sure that it is a scar is if the red skin persists for longer than 6-12 months. It is often better, therefore, to treat all acne lesions as potential scars.

What Causes Acne Scars?

Acne scars are caused by an overabundance of the connective tissues your body uses to heal itself. These tissues work to provide a temporary framework for your skin cells to regrow on. But if there is too much of this connective tissue, it is not broken down when the healing is complete, but rather stays permanently. This causes a discolored or unpigmented section of skin to form.

Avoiding Acne Scars

Since the root cause of acne scarring is acne, preventing acne in the first place is the best way to avoid scars. But even if you already have acne, it is still possible to prevent acne scars from forming. The way this is done is by speeding the healing process as much as possible. The faster your acne lesion heals, the less time the connective tissue framework has to overgrow and leave scars.

Speeding the Healing Process

There are 2 main treatments dermatologists use to facilitate the rapid healing of acne lesions. The first is Tretinoin, an acid derivative of Vitamin A, also known as all-trans retinoic acid. This chemical speeds the skin's healing, reducing inflammation and preventing acne scars from forming.

The second method involves the use of various Alpha- and Beta-Hydroxy acids, which perform much the same function as Tretinoin, speeding healing and reducing the chance of scarring.

Helping Yourself

Even if you don't or can't see a dermatologist, there are several different things you can do yourself that can help prevent acne scars from forming. The biggest thing is to treat your skin well. Avoid over-exposure to the sun, as sunburns can dramatically slow the healing process. Always wear sunscreen when going out in the sun. Don't pop your pimples, and if there are scabs from lesions, do not pick at them. Picking at any wound as it heals causes more damage, extending healing times and increasing the likelihood of scar tissue forming.

Removing Existing Acne Scars

Even with the best of care, scarring still sometimes occurs. But even if a scar does form, there are several options available that can reduce or eliminate your visible scarring.

Dermal Fillers

Fillers such as collagen can be injected into the site of an acne scar, raising the skin surface to reduce the appearance of pockmarks. These are not permanent treatments, however, and will require re-injection every 3-6 months.

Laser Resurfacing

An extremely popular and fast treatment for acne scars, laser resurfacing works by burning a precisely measured upper layer of skin. New skin then grows over the wound, leaving mostly unscarred skin visible. But as with the initial acne healing process, care must be taken to insure that this new skin does not scar as well.

Punch Excision

This procedure is only effective on certain types of scars. A surgical punch is made to precisely the dimensions of the scar to be removed. The scar is then punched out, similar to a cookie cutter, and the wound sewn together. If there is any scarring left after the wound heals, it can be more easily treated with laser resurfacing than the original larger scar.

Acne Skin Care Products

Keeping your skin healthy and acne-free takes some time, effort, and of course the proper acne skin care products. However, nearly everyone gets a pimple at some point in their lives. While teenagers are of course more prone to acne than adults, all age groups can benefit from proper use of acne skin care products.

Things to Keep in Mind

The biggest thing to keep in mind when shopping around for acne skin care products right for you is that everyone's skin reacts differently to various products. There are many different kinds of acne skin care products to choose from with widely different ingredients and formulas. If you have acne prone skin, your skin will probably tend to be more sensitive to the various chemicals you may wind up using. You should take it easy when trying out various acne skin care products. Check for a bad reaction before you cover your entire face.

Remember, what works for others may not work for you. The only way to find out for sure if it will work for you is to try an acne skin care product and see for yourself.

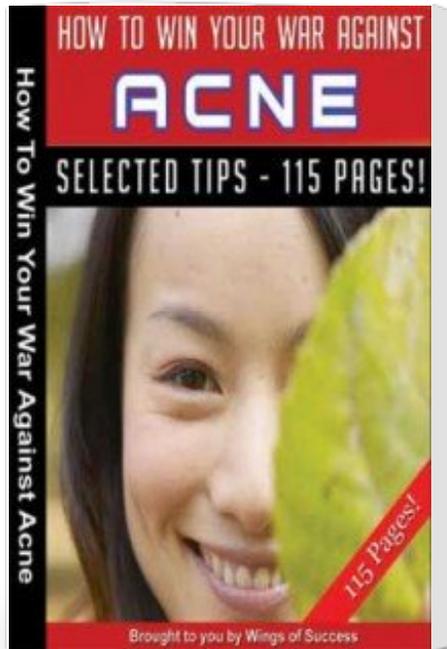
Facial Cleansers

Probably the most often-used acne skin care products are various facial cleansers. Try and find one that is gentle to your skin, and matched to your skin type. Oily skin needs different care than dry skin, for example. It is important to use a different kind of soap for your face than your body; most body soaps tend to be too harsh for use on your face, especially if you have active acne. But whatever you choose to use, stay with it. Changing to different chemicals or formulas, especially after using one specific brand of acne skin care product for a while, can cause more harm than good. And be careful of skin toners! They can dry your skin out, making you more prone to acne. If you use a toner, you should also consider using a moisturizer.

Moisturizers

If you are using any acne skin care products with benzoyl peroxide, you should consider using a moisturizer, since it tends to dry your skin. Most wipes and some facial cleansers contain

How To Win Your War Against Acne



Publisher :

Author :

Type the URL : <http://www.kopykitab.com/product/1949>



Get this eBook